# flavour

for people who love local food

Bristol, Bath & South West | Issue 29 | July 2010

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**A Chandos Deli hamper worth £100!**

## GLASTONBURY FESTIVAL

A far cry from hog roasts and breakfast baps

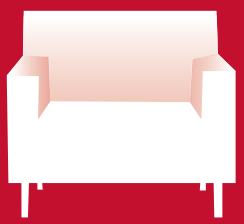
## My cup of tea

All you need to know about the nation's favourite drink

## RURAL RETREATS

***Our favourite country hideaways revealed***

www.flavourmagazine.com



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In addition to any specifically stated terms and conditions, the following applies to all competitions. All information forms part of the rules. All entrants are deemed to have accepted the rules and agree to be bound by them. The winner will be the first entry drawn at random from all the entries sent back after the closing date and will be notified by either post, email or telephone. The prizes are as stated; they are non-transferable and no cash alternative will be offered. All entrants must be at least 18 years old. Competitions are open to UK residents only. One entry per person. Proof of postage is not proof of entry. **flavour** accepts no responsibility for entries lost or damaged in the post. Entrants agree to take part in any publicity material relating to the competition. The name of the winner will be published in the next edition. The judge's decision is final and no correspondence will be entered into. Prizes do not include unspecified extras (such as travel). All prizes are subject to availability. Please state if you do not wish to receive any further correspondence from **flavour** or competition organisers. You may be required to collect your prize.

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A Chandos Deli hamper worth £100

# welcome

Welcome to the July issue of **flavour**!

Having looked back at my editor's note from the beginning of festival season last year, I couldn't help but smile at my denunciation of "craning my neck in order to catch a glimpse of some ephemeral band armed with a warm flat beer and a greasy hog roast". Oddly, these sentiments seemed long forgotten when I was offered the chance to attend the 40th anniversary of Glastonbury this year, and I confess to being misguided on all counts. Firstly, headliners Muse put on one of the most electrifying live performances I think I've ever seen. Secondly, with local tipple Gaymers as the official cider of the festival, there wasn't a warm flat beer in sight. And thirdly, over 250 food stalls offering dishes from all over the globe didn't allow for a dull moment at mealtimes either - turn to **PAGE 36** to read about a new era for festival food.

If you were one of the 180,000 attendees at this year's festival, or even if you weren't, our selection of rural retreats might seem a very appealing prospect right now, so why not turn to **PAGE 38** and find an excuse for a(nother) well-deserved break?

Revelry and recuperation aside, we've been keeping ourselves very busy in order to bring you all the latest news, reviews and interviews from the South West. But if you do happen to find a spare moment in between reading about dwindling bee populations (**PAGE 58**), the nation's favourite drink (**PAGE 19**) or an exciting new voice in food (**PAGE 34**), I recommend you get yourself a copy of Anthony Bourdain's new book *Medium Raw* (**PAGE 9**) and curl up on the sofa with a big glass of red – I guarantee you won't be able to put it down.

We hope you enjoy reading this issue as much as we've enjoyed making it.

Happy Eating!

Holly

If you have any news or events that you would like to share with us here at **flavour** then email enquiries@flavourmagazine.com

# this month

## THE UTTERLY SEXY CAFÉ

This gorgeous catering and events company with a vintage twist are renowned for their 'Quintessential Teatime' menu which includes heart shaped cucumber sandwiches, asparagus tarts, fruit tarts, individually decorated fairy cakes and Love Potion no.9, a non alcoholic fruit punch. Signature teas include Earl Grey and Assam, both served in beautiful vintage teaware.

T: 01747 870812
**W: www.utterlysexycafe.co.uk**

## FLAVOURFEST

FlavourFest, the South West's premier food festival is back for 2010, taking over Plymouth City Centre from 13-15 August.

Organised by Plymouth City Centre Company, FlavourFest is now in its 7th year and has grown to become one of the largest and most successful food festivals in the South West. The free entry event regularly attracts more than 100 traders and more than 100,000 visitors over the three day festival.

During FlavourFest the Piazza in Plymouth is transformed into a bustling, continental-style market, full of colour and the smells of delicious food being prepared. There's plenty to see, smell and taste at FlavourFest 2010 with a programme of chef demonstrations in the cookery theatre, over 100 food and drink stalls as well as special activities for the little cooks in the 'Kids in the Kitchen' marquee.

**www.plymouth.gov.uk/flavourfest**

## PASTURES NEW

Soil Association director, Patrick Holden, will be stepping down on 30 September 2010. Holden, who has been director of the Soil Association since 1995, said of his decision to step down: "After 15 years as Director and more than 20 years working for the Association I believe that now is the right time to hand over to a successor to take the work of the Association forward." By stepping down from his position, Patrick is planning to concentrate on promoting sustainable farming on an international level and to accelerate the transition towards more sustainable food systems.

## WINNERS

Congratulations to Patricia Bogan from Frome who has won a Field & Flower meat box worth £69

Congratulations to Sam Church from Bristol who has won a box of Gustosecco goodies worth £70!

## END OF AN ERA

Acclaimed restaurant critic and writer Egon Ronay has recently died at the age of 94 after a short illness at his home in Berkshire. The rather dapper Hungarian food critic changed the face of British cuisine and was regarded right up until his death as the monarch of the industry. Marco Pierre White said he owed more to Ronay than anyone else in the industry. "It's hard to express in words what he actually did. He, without doubt, was the most important individual in the restaurant world. He did more for gastronomy in Britain than any institution or individual. He was an extraordinary individual. This is very sad news for the hotel and restaurant world."

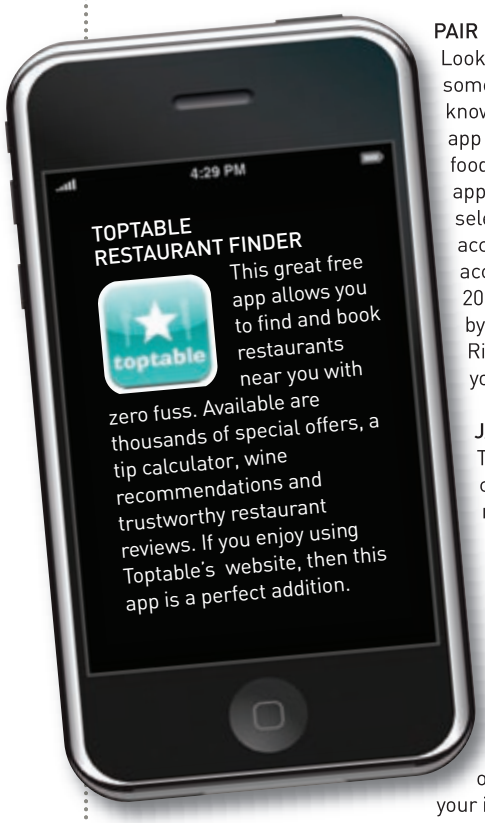
In 1957, he completed the first edition of the Egon Ronay Guide, selling 30,000 copies. It swiftly grew in popularity and restaurants rapidly adopted a mention in the book as a mark of distinction.

## YUM!

To celebrate the launch of their new veggie cook cook 'Yum!', The Bean Inn in St. Ives are giving away a copy to a lucky flavour reader. To enter, email **competitons@flavourmagazine.com** stating your name, address, phone number and where you got your copy of the magazine, or write to us at the usual address - good luck!

## FOODIE iPHONE APPS

**Just in time for the launch of the iPhone 4G, we give you our top three apps that no 21st Century gourmet should be without...**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TOPTABLE
RESTAURANT FINDER
toptable
This great free app allows you to find and book restaurants near you with zero fuss. Available are thousands of special offers, a tip calculator, wine recommendations and trustworthy restaurant reviews. If you enjoy using Toptable's website, then this app is a perfect addition.

PAIR IT!

Looking to impress someone with your vino knowledge? We have the app to help! Pair It! is a food and wine matching application that helps you select the perfect bottle of wine to accompany your food, or the right food to accompany your wine. There are over 20,000 different suggestions put forward by wine pairing expert and chef, Bruce Riezenman giving you tips and advice you'll find nowhere else.

JAMIE OLIVER 20 MINUTE MEALS

The nation's favourite cheeky-boy chef is never far behind with a new innovative way to get his passion for great, easy to cook food out there! This app has 50 BRAND NEW recipes with step-by-step photos and videos to help you shop for, prepare and cook all sorts of scrummy meals. You can either search by recipe name to get specific or if you're stuck for ideas, why not give your iPhone a shake up and a random recipe will appear – there's dinner sorted!

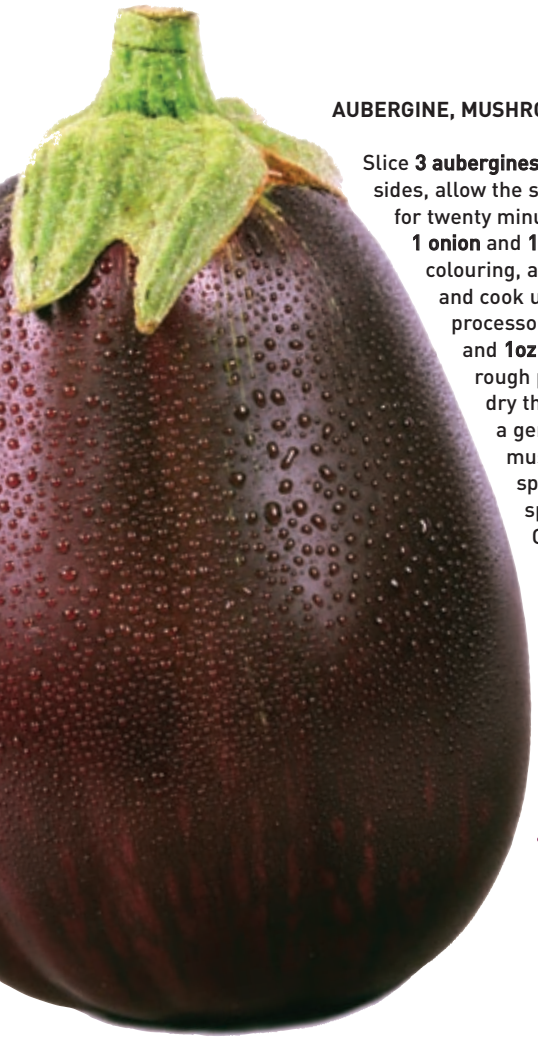
## WIN! SEX AND THE CITY PAR-TEA FOR TWO

The Hyatt Regency London – The Churchill has created the ultimate afternoon tea experience for all *Sex and the City* fans, offering the perfect opportunity to become one of the girls for an afternoon! Cocktails, nibbles and tea have all been created with the four girls in mind including mini burgers (named after one of Carrie's boyfriends, Jack Berger), Charlotte's mini pink strawberry cupcakes, Miranda's mini glazed doughnuts and Samantha's appletini jelly!

Turn to PAGE 19 to find out all you need to know about tea!

To win a chance for you and a friend to spend the afternoon in the (high-heeled) shoes of your favourite character then email **competitions@flavourmagazine.com** stating your name, address, phone number and where you got your copy of the magazine, or write to us at the usual address. Good luck!

T: 020 7299 2037
**W: www.london.churchill.hyatt.com**



**AUBERGINE, MUSHROOM AND PARMESAN GRATIN** Serves 3

Slice **3 aubergines** in 2cm thick rings and lightly **salt** on both sides, allow the salt to extract the water from the vegetable for twenty minutes. Meanwhile peel and finely chop **1 onion** and **1 clove of garlic,** cook in **olive oil** without colouring, add in **1lb of chopped button mushrooms** and cook until dry. Place the mushrooms into a food processor with a **pinch of freshly ground nutmeg** and **1oz of freshly chopped parsley** and blend to a rough paste. Transfer to a bowl and **season**. Pat dry the aubergines and grill on both sides with a generous splash of **olive oil**. Split the mushroom paste between the aubergines, spreading with the back of a spoon and then sprinkle with parmesan and breadcrumbs. Grill on a low heat until golden brown and serve with **dressed salad leaves.**

## →Aubergines

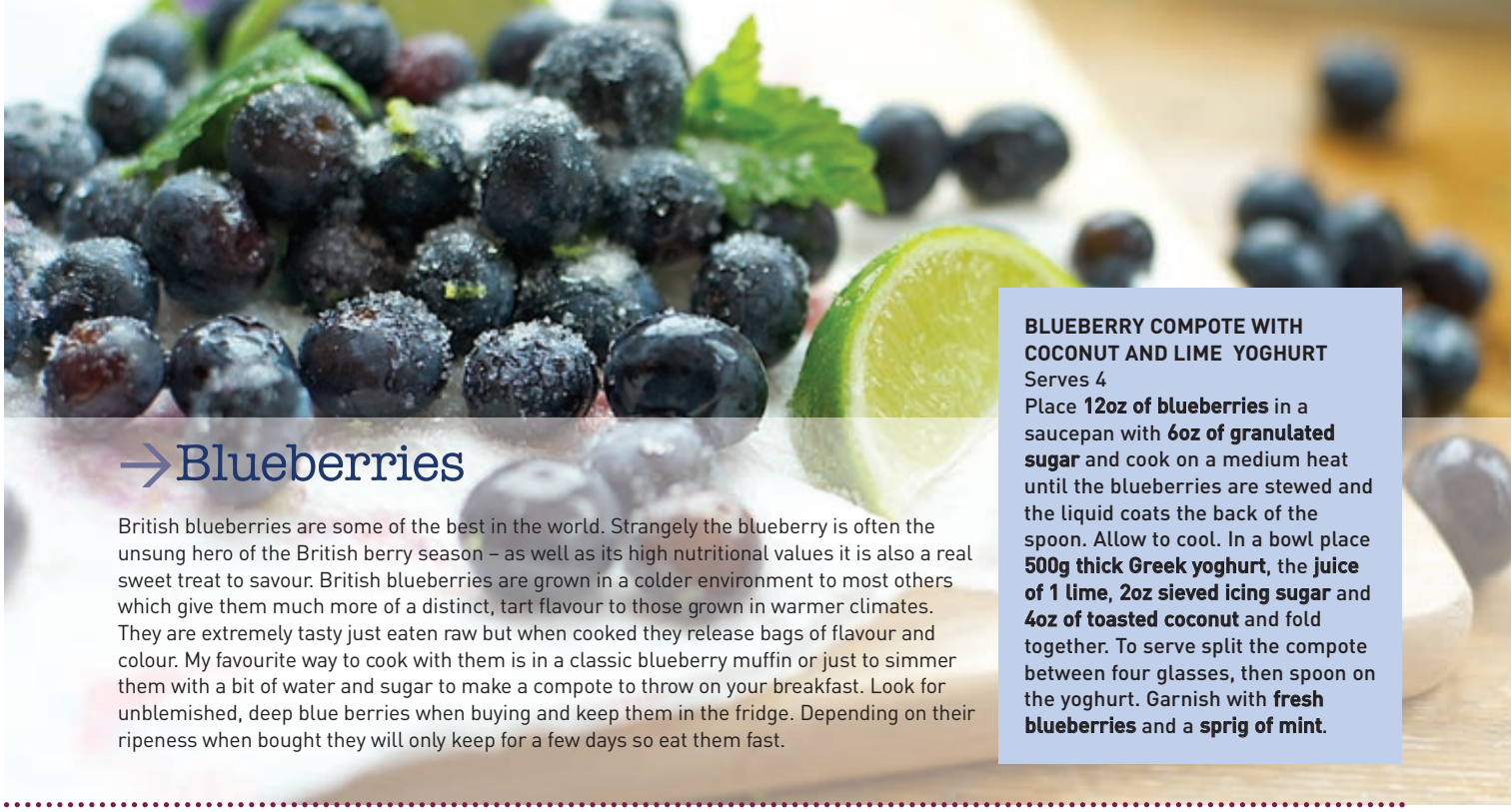
I'm sure for most of us the image of an aubergine is a shiny oblong fruit with a dark purple colour. There are however many other varieties such as the pea aubergine, popular in many Thai curries. It is often thought of as an exotic ingredient but from June to the middle of October they are widely cultivated in Britain. When buying look for unblemished, firm skin and a bright green stem. They store best in the fridge for up to a week. Although they are most commonly used in warming stews, bakes and curries they are also fantastic grilled. Just slice them into thick slices and cover them with salt on both sides for 20 minutes, brush with oil and grill them on the barbie or in a hot grill pan and add to a simple summery salad.

# At their best

## →Cherries

Cherries are another summer fruit that has a fairly short growing season in the UK. From mid July until the end of August British cherries are at their best. Most of the cultivated cherries will come from Kent. The best will be firm, plump and shiny. Avoid paler, shrivelled cherries as these are past their best or not fully ripe and won't have anywhere near the flavour of the riper ones. Store them in the fridge as they won't keep long in a warmer atmosphere. Sweet, fully ripened cherries are great just eaten as they are, fresh off the stalk. Sour cherries are great with fatty meats such as duck or even as part of a light and zingy British salsa!

**BLACK CHERRY AND VANILLA CLAFOUTIS**
Serves 6
Prepare a baking tray and cut **1lb of ripe pitted black cherries** in half and spread them over the base of the tin. Mix together **4oz of plain flour** with **4oz of sugar**, seeds from **1 vanilla pod** and **a pinch of salt.** Add **3 beaten eggs** one by one and continue to mix until you have a smooth paste. Gradually mix in **½ pint of milk** to form a thick batter. Pour the mix over the cherries and bake in a preheated oven at 180°c for approximately 20 minutes. Allow to cool for 10 minutes then serve with **ice-cream or clotted cream**.



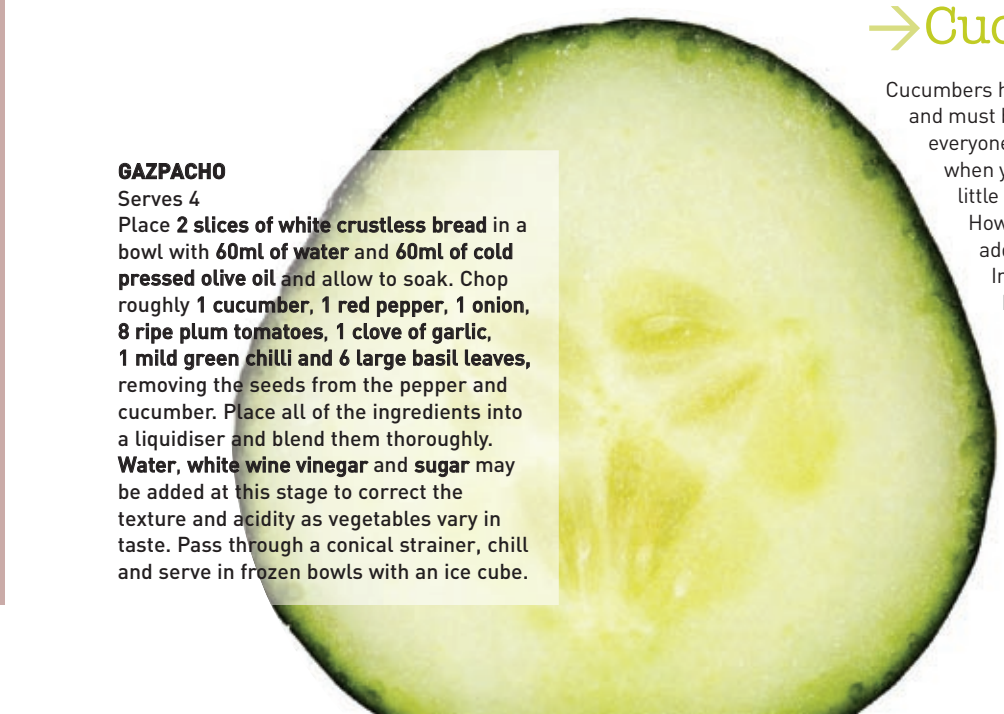
## Blueberries

British blueberries are some of the best in the world. Strangely the blueberry is often the unsung hero of the British berry season – as well as its high nutritional values it is also a real sweet treat to savour. British blueberries are grown in a colder environment to most others which give them much more of a distinct, tart flavour to those grown in warmer climates. They are extremely tasty just eaten raw but when cooked they release bags of flavour and colour. My favourite way to cook with them is in a classic blueberry muffin or just to simmer them with a bit of water and sugar to make a compote to throw on your breakfast. Look for unblemished, deep blue berries when buying and keep them in the fridge. Depending on their ripeness when bought they will only keep for a few days so eat them fast.

**BLUEBERRY COMPOTE WITH COCONUT AND LIME YOGHURT**
Serves 4
Place **12oz of blueberries** in a saucepan with **6oz of granulated sugar** and cook on a medium heat until the blueberries are stewed and the liquid coats the back of the spoon. Allow to cool. In a bowl place **500g thick Greek yoghurt**, the **juice of 1 lime**, **2oz sieved icing sugar** and **4oz of toasted coconut** and fold together. To serve split the compote between four glasses, then spoon on the yoghurt. Garnish with **fresh blueberries** and a **sprig of mint**.

We all know that eating with the seasons makes for healthier bodies and tastier dishes. Each month **Tom Bowles** from Hartley Farm and **Stuart Ash** from Woods Restaurant team up to bring you all you need to know about the best produce of the month.

# right now



## Cucumbers

Cucumbers have been cultivated for thousands of years and must be one of the most popular items in everyone's shopping basket. This seems strange when you strip it down, after all they have very little nutritional value and are 96% water! However they are a light, and refreshing addition to any salad with a wonderful crunch. In Southern Europe and the East they are highly prized and will almost certainly be served at every meal with plain yoghurt. British cucumbers are normally available from May through to September. Look for firm, vibrantly coloured fruits and store in a fridge for no more than a week. If you can get your hands on smaller varieties try pickling them yourself or just simply steep them in malt vinegar for an hour or two and enjoy them in a sandwich with a bit of leftover roast beef

**GAZPACHO**
Serves 4
Place **2 slices of white crustless bread** in a bowl with **60ml of water** and **60ml of cold pressed olive oil** and allow to soak. Chop roughly **1 cucumber**, **1 red pepper**, **1 onion**, **8 ripe plum tomatoes**, **1 clove of garlic**, **1 mild green chilli and 6 large basil leaves**, removing the seeds from the pepper and cucumber. Place all of the ingredients into a liquidiser and blend them thoroughly. **Water**, **white wine vinegar** and **sugar** may be added at this stage to correct the texture and acidity as vegetables vary in taste. Pass through a conical strainer, chill and serve in frozen bowls with an ice cube.

# MARCO PIERRE WHITE
## STEAKHOUSE BAR & GRILL
## BRISTOL

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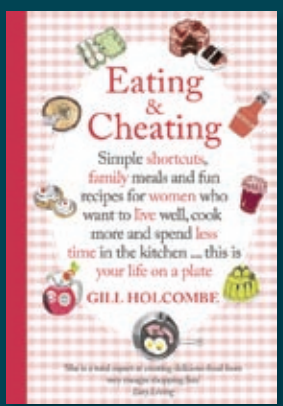
W MPWSTEAKHOUSEBRISTOL.CO.UK

# fab foodie reads

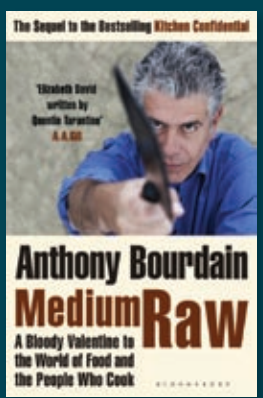
For bookworms who love nothing more than cooking up a feast for family and friends, our monthly selection of new releases is enough to keep anyone entertained!

## EATING AND CHEATING
### GILL HOLCOMBE
**Hodder and Stoughton, £14.99**


Eating & Cheating
Simple shortcuts, family meals and fun recipes for women who want to live well, cook more and spend less time in the kitchen ... this is your life on a plate
GILL HOLCOMBE

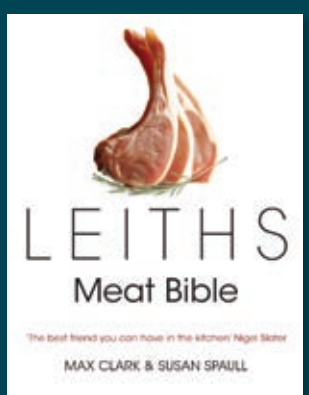
Gill Holcombe has created a book perfectly suited to the modern day mum. Understanding that a lot of cookbooks focus too heavily on aspirational food rather than practical food for real life, Gill has sought to produce simple, family recipes for busy women who want it all. A cookbook you can now relax entirely with as well as one that doesn't make you feel like a terrible mother for cheating. Gill advocates matching the food to your mood, cooking from scratch when you can, and cheating when you can't.
A breath of fresh air to your cookery shelves.

## MEDIUM RAW
### ANTHONY BOURDAIN
**Bloomsbury, £18.99**


The Sequel to the Bestselling Kitchen Confidential
Anthony Bourdain
Medium Raw
A Bloody Valentine to the World of Food and the People Who Cook

The sequel to the bestselling *Kitchen Confidential, Medium Raw* explores the changes Anthony Bourdain has borne witness to from the author's days of debauchery to the present. Bourdain compares then and now, pausing along the way for a series of confessions, rants, investigations and interrogations of some of the most controversial figures in food. Bourdain, in his distinctive style, cuts to the bone on every subject he tackles, forcing our eyes open to the secret world behind closed kitchen doors.

## LEITHS MEAT BIBLE
### MAX CLARK AND SUSAN SPAULL
**Bloomsbury, £40**




From the same stable as *Leiths School of Food and Wine* comes the ultimate meat cookbook. Indeed this book is a bigger purchase for the kitchen bookshelf, but one we think is more than worth it. This huge book includes over 450 recipes, with cuisine from all over the world looking at the classic to the creative, for the professional to the amateur cook. Inside are beautiful photographs, wine recommendations and troubleshooting guides as well as so much more. Utterly comprehensive, reliable and easy to use, this is an essential book for every kitchen.

## THE PRESERVING BOOK
### LINDA BROWN
**Dorling Kindersley, £16.99**

Whether you're looking for a strawberry jam recipe after a trip to the local farm or have a glut of runner beans from your garden, then this book is a one-stop reference to fill your store cupboard with delicious home-preserved produce. From luscious jams and jellies, to savoury confits and sausages, this book takes you through the preserving process, covering the science of preserving, natural preservatives and kitchen equipment. Soil Association approved, this book enables you to make the best use of organic, free-range, local, seasonal and homegrown produce, encouraging a more sustainable approach to the food we eat.

## Stapleton Farm Yoghurt

Stapleton's award-winning yogurts are produced on the family run dairy in the heart of Devon. The deliciously creamy yogurt is made with local Jersey milk in the traditional way, avoiding artificial stabilisers and colourings. Every pot is packed with real fruit and flavours include gooseberry, strawberry and clotted cream, and low fat raspberry. Available in Morrisons, Sainsbury's, Spar, Tesco and Waitrose in selected stores.

T: 01805 601414
**W: www.stapletonfarm.co.uk**

## Chocacao

Hand-made in rural Somerset, Chocacao offers quality milk and dark chocolate that retains 80% of the antioxidants found in raw cocoa, making Chocacao a healthy treat. Just one dark chocolate a day delivers your RDA of antioxidants which help to maintain heart function, strengthen the immune system, improve concentration and memory, nourish and hydrate the skin and keep you feeling young and fit. So a healthy Chocacao chocolate each day really can help to keep the doctor away!

T: 01458 838169
**W: www.chocacao.co.uk**

# flavour Loves

THIS MONTH'S MUST **DO**, **BUY** & **SEE**...

## Round Glass Teapot

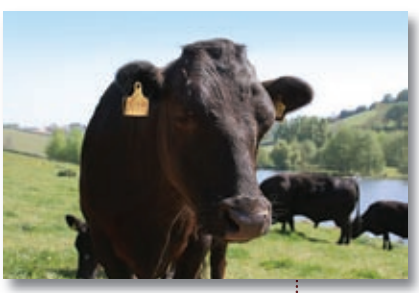
An elegant high quality glass teapot with an infuser insert for easy brewing. We love watching the leaves slowly uncurl as they brew.

T: 0845 5195575
**W: www.cantonteaco.com**

## Perfect Tipple

This luxurious Sparkling Gold Cuvée with real 22 Carat edible gold flakes comes packaged in a gold ingot box, perfect for a touch of opulence! Perfect Tipple are drinks that no consummate host should be without.

T: 0121 288 7077
**W: www.perfecttipple.com**



## Stream Farm

Stream Farm are proud of their organic pedigree herd of Dexter beef and rightly so. The rare breed is renowned for the quality, flavour and marbling of its meat and is absolutely delicious. Dexter cattle originated in the South West region of Ireland and are descended from the predominantly black cattle of the early Celts. Stream Farm delivers large or small meat boxes along with recipe ideas, cooking suggestions and even a jar of locally produced horseradish sauce with every order.

T: 01823 451191
**W: www.streamfarm.co.uk**

## The Rectory Hotel

The Rectory Hotel, an elegant and unstuffy, eclectically furnished period house is set in three acres of Victorian stone walled garden. Its 12 individually designed bedrooms provide an ideal base from which to explore the Cotswolds, Tetbury, Bath and the ancient town of Malmesbury. This family-friendly Cotswolds charmer is blessed with croquet & boules sets, a heated outdoor pool, and a top-notch, intimate but relaxed restaurant, headed by chef Peter Fairclough, adding the small but indispensable finishing touches to a luxury getaway.

T: 01666 577194
**W: www.therectoryhotel.com**

## Edible Flowers

Already providing a range of high quality salad mixes with vibrant colours, Lyons Leaf is pleased to announce that their flower salads are in season. They work very closely with the chefs they supply and allow them to devise their own creations from the wide range of leaves, herbs and flowers they grow, with the addition of edible flowers Borage and Calendula bringing a real feel of summer to any plate.

Lyons Leaf supplies a range of produce to chefs and farm shops across the region.

T: 01761 221 267
**W: www.lyonsleaf.co.uk**

## Piao Tea Infuser

An easy to use high quality glass tea infuser with a push button release for easy brewing. This keeps your tea leaves drained and ready to use again and again.

T: 0845 5195575
**W: www.cantonteaco.com**

## WIN!
## A LUNCH AND A SWIM AT THE LIDO!

The Lido, Bristol is offering one lucky Flavour reader the chance to win a delicious Sunday lunch for four and a refreshing and indulgent swim!

Swimming is from 11am - 12pm, lunch is served from 12pm to 3pm. Terms and conditions apply.

For your chance of winning then email: **competitions@flavourmagazine.com** stating your name, address, phone number and where you got your copy of the magazine, or write to us at the usual address. Good luck!

# glastonbury: a foodie festival?

As Glastonbury Festival celebrates its 40th anniversary this summer, **flavour Editor Holly Aurelius-Haddock** asks whether there might be more reasons to visit besides the bands...

The Vale of Avalon, The Pyramid Stage, Shangri-La, The Stone Circle; iconic areas located within the world's best-known and loved contemporary performing arts festival, which to many people's surprise, is Glastonbury's official title. For those who've made the pilgrimage to Worthy Farm, perhaps the most striking revelation is that music forms just one part of the sensory smorgasbord making up the event. Artists, poets, comedians, dancers and actors alike are all given their share of the limelight, often using it to showcase their most exciting avant-garde work.

Yet if the festival's most impressive achievement is its diversity, the second is surely its sheer scale. Accommodating around 180,000 visitors over five days requires logistical planning of the highest order, an aspect of which is how you're going to feed everybody. When Michael Eavis started the festival back in 1970, entrance was £1 and included free milk from the farm, a gesture that was much more realistic with the attendance that year of only 1,500 people.

Festival fare has not generally enjoyed the best reputation over the years, being labelled as cheap convenience food of the most basic standards. For a long time, hog roasts, breakfast baps, burgers and chips could usually be found in abundance and consumed without a second thought. Food at such events has traditionally been viewed solely as fuel, allowing people to relish in the relentless revelry going on all around them.

Not so at Glastonbury, which with more than 250 food stalls on site, is famous for having some of the best festival food available anywhere. There's an array on offer to tantalise all kinds of taste buds, and it's not just limited to the usual suspects either. Amongst others, you can sample Thai, Barbadian, Jamaican, North African, Middle Eastern, Greek, Philippine and Singaporean cuisine, all put in place to service the increasingly adventurous British appetite.

Closer to home, the festival offers the same exposure for food and drinks producers as it

does to its other performers, with local heroes Pieminister and The Sausage Fest citing their first year at Glastonbury as one of the turning points in their rise to recognition, the former devising a commemorative pie this year called Chicken of Avalon.

Unsurprisingly, special dietary requirements are also well represented, with vegetarian, vegan, wheat and gluten-free food all very much on the menu, alongside a healthy spattering of organic options, Pennard Organic Wine being a long-standing favourite with regulars. John Evans has run the vegetarian Avalon Café for the last 6 years and still finds himself in awe of the setup: "The choice here is unbelievable, but I think people expect that now, and there are a lot of mouths to feed. Like any festival there are the big players who bring 10 units but as you get towards the Green Fields there's much more of an independent feel to things. Everyone knows one another and it's a real pleasure to work with the same people year in year out."

There are all types and prices of food available from a cheap bowl of porridge and a cup of tea and toast to a top quality silver service meal. On one end of the scale, this year food traders were asked to identify a 'best buy' product on their menu boards, on the other, a fine dining restaurant called the Rocket Lounge and Restaurant sold out weeks in advance. This legendary guerrilla restaurant, renowned for its 'indulgent approach to hedonism', was run by Head Chef Chris Gillard, moonlighting from the Michelin-starred St Johns' restaurant in London. Coming in at £34, a three-course meal here was not necessarily the cheapest choice on site, but for those looking to push the boat out, it was certainly the place to push it to.

David Butterfield and his partner Karen England (pictured above left) are regulars to the festival and can't speak highly enough of the range and quality of dishes to try: "We love our music but we love our food too. If you enjoy exploring there are some unbelievably good places to eat at Glastonbury – this year there was a sushi restaurant that was on a par with some of the best we've ever tasted."

Perhaps not a quite foodie festival then, but one where a foodie would certainly feel right at home, and one where this foodie was very reluctant to come home! ■

To register for next year's festival, visit **www.seetickets.com**

**"For those who've made the pilgrimage to Worthy Farm, perhaps the most striking revelation is that music forms just one part of the sensory smorgasbord making up the event."**

# Stanton House Hotel

**A beautiful Cotswold stone house overlooking Stanton Lake and park in beautiful Wiltshire countryside**

- Japanese Sunday Buffet Lunch
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www.stantonhouse.co.uk

The Avenue, Stanton Fitzwarren, Swindon, SN6 7SD
Tel: 0870 084 1388 Fax: 01793 861857 Email: reception@stantonhouse.co.uk

This month **Martin Blunos** escapes the restraints of hayfever season to find his sweet revenge.

# FLOWER POWER

Boy oh boy, this summer has been a knockout! It's not the Celsius count I'm talking about either; it's the pollen count. I started taking anti-histamines at the end of April to build up my system and then depending on which way the wind is blowing, I wait for the hayfever to kick in.

Blooming flowers. Don't get me wrong, I like them, but sometimes there just aren't enough hankies in the drawer to cope. So my eyeballs and sinuses were in for a treat when I took to the sea and left the land, flowers and the devil dust (pollen) behind me. I was invited to do a few demos and cook a dinner on board Holland America's 'Eurodam' liner sailing to St. Petersburg in Russia.

I kid you not, the Eurodam is about the size of Chippenham. 2,500 people on board, 900 crew and 140 of those were chefs! My demos and dinner went down a storm and Russia was a blast. An amazing experience which I hope to repeat soon.

On the M4 driving back from Dover I could feel the hayfever taking hold once again. As I was cursing the flowers I got to thinking of a dish where I could get my own back...

## APPLE AND ELDERFLOWER TART

**A really simple dish using fresh ingredients and rough measurements, making this perfect freestyle cooking.**

**Ingredients**

1 packet ready-rolled puff pastry
1 tub ricotta
Vanilla extract
Sultanas
Apple and elderflower cordial
Elderflowers, gently rubbed until they fall from their stalks
Icing sugar
Eating apples

**Method**

**1** Pre heat oven to 180°C. Empty the ricotta into a large bowl along with a good sprinkle of the elderflowers. Mix in icing sugar and vanilla to taste. Add sultanas – again to your taste.

**2** Unroll pastry and cut into 3 inch wide strips. Using a fork, stab holes down centre of strips leaving ¾ inch bands either side. Dollop ricotta mixture on top of fork marks. Halve and core apples, thinly slice, then lay on top of the ricotta mixture overlapping slightly.

**3** Dust well with icing sugar. Bake in an oven for 15 minutes until the pastry is cooked and golden.

**4** Remove from oven and drizzle with the cordial, dust again with sugar and scatter with more flowers just before serving. Great with thick clotted cream or vanilla ice cream.

One of the South West's most talented chefs, Martin Blunos was born and brought up near Bath, his parents having come to England from Latvia just after the Second World War. He has held two Michelin stars for more than fifteen years and appears regularly on television and radio with regular slots as guest chef on BBC1's Saturday Kitchen with James Martin, BBC Market Kitchen, ITV Daily Cooks and ITV's Saturday Cooks.

# DORSET SEAFOOD FESTIVAL

In association with

CHAMPAGNE POMMERY
REIMS - FRANCE

## 10th & 11th July 2010
## at Waterfront Weymouth

***Come along and enjoy***
***Dorset's very own Seafood Festival***

*Sponsored by -*

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WINES OF CHILE
VINOS DE CHILE

RINGWOOD
BREWERY

**www.dorsetseafood.co.uk**

# Sea to Plate

**Join famous chefs Mark Hix, Giles Thompson, 2009 MasterChef winner Mat Follas and TV presenter Joe Wadsack at Waterfront Weymouth.**

Choose from a wide variety of freshly cooked seafood dishes from over 40 food stands.

Cooking demonstrations and 'Cook Offs' from Mark, Mat, Giles and many others show you how to make the most of fish and shellfish caught off the Dorset Coast. Watch the 'Pommery Cross Harbour Oyster Challenge' at 10.30am on Saturday as swimmers race across the harbour to sink an oyster.

Join in the fun at the 80th anniversary celebrations of the Town Bridge at 11am on Sunday.

**Lots to see:**

Cooking Demonstrations | Seafood Village
Champagne & Oysters | Great Seafood Menus
Many Stalls Around the Harbour
Charity Fish Auctions | Fishtucker Trials
Live Historic Diving Displays
Dorset Young Seafood MasterChef Competition

**Family Entertainment**
**Puppet Theatre • Face Painting**
**Street Theatre • Live Music**

**Saturday 10.30am - 6.00pm**
**Sunday 11.00am - 5.00pm**
**For further details contact Weymouth Tourist Information on 01305 785747**
*(Times and programme subject to change)*

## GET HERE BY TRAIN

SOUTH WEST TRAINS

Spirit of the Sea
Weymouth & Portland Maritime Festival

Resort Marketing

**Benefiting Charity - The Royal National Mission to Deep Sea Fishermen**
(Charity Number 232822, SCNO. SC039018)

A unique dining experience, with a menu that changes twice daily due to the fresh fish being brought in.

Crab House Café

The Crab House Café, Weymouth, DT49YU
Tel. 01305 788867

www.crabhousecafe.co.uk

# *Time to think again about where you buy your tea...*

For almost 3000 years tea has been drunk loose leaf. You should too. With filter teapots its easy. Its also better for the environment. But the main reason is that you will finally be able to drink tea that tastes nothing short of spectacular. No more sweepings, industrial packing or last years tea leaves. Let our experience guide you through a selection of the worlds best tea.

Our teas are chosen from over 500 to represent the worlds best. Cafes & restaurants buy wholesale from us to offer a superior experience and increase customer retention. Our uncompromising quality is matched by outstanding value and service. From tea novice to tea gourmet our website will show you the path. Don't settle for less than spectacular.

**Matcha 20g - £6**

**Palais Royale 100g - £3.95**

*Reader offer!*

**Quote 'flavour' by email following any online order over £10 to receive free samples of any 3 teas, or a free tea infusion ball.**

**Tip Top Tea**

To begin your journey into tea visit www.tiptoptea.co.uk
For wholesale enquiries - contact Duncan on 07711481132

All you need to know about the nation's favourite drink...

# MY CUP OF TEA

SPECIAL 7 PAGE FEATURE

Spring tea harvest at Mr Xu's farm in Wenshan, Taiwan.
Canton Tea Co sources direct from small producers to guarantee quality | www.cantonteaco.com

# The Magic Cuppa

Our nation has earned a reputation for a love of the tea leaf that very few countries can compete with. Whether it's at home, at work, on the go or in the car, without our daily dose even the simplest tasks feel like Mount Everest on a fuzzy Monday morning. With it, we are ready to take on the world.

Even better, with thanks to extensive research, myths surrounding the nation's favourite cuppa have been banished. Unwilling to listen too hard in the first place, rumours including our favourite pick-me-up de-hydrating us as well as increasing our caffeine intakes to dangerously dizzy heights, can now be forgotten.

The fluid we intake is just as important as the food we consume, affecting our bodies in just the same way. According to Dr. Gill Jenkins on BBC Radio Bristol's Saturday Surgery, tea is as hydrating as water and there are plenty of beneficial properties to our favourite daytime tipple.

Tea, whether green or black, contains flavonoids which prevent the ageing process. As well as antioxidants, thiamine gives the relaxant affect and caffeine keeps you alert. Caffeine and flavonoids are quite the miracle combination as they can reduce cardiovascular risk as well as the risk of heart disease and stroke. They can also reduce blood pressure and protect against cholesterol, improve brain function and provide a natural source of fluoride, protecting against tooth decay and gum disease.

Despite being a Chinese invention from over 5000 years ago, the British have certainly adopted this ancient tradition and made it their own. With a recommended dose of four cups of tea a day, we can continue happy in the knowledge that our habit is a healthy one. All to worry about now is whose turn it is to put the kettle on.

Useful links:
**www.tea.co.uk**
**www.afternoontea.co.uk**

## Did you know?

It was the marriage of Charles II to the Portuguese princess Catherine of Braganza that would prove to be a turning point in the history of tea in Britain. Catherine was a tea addict and it was her love of the drink that established tea as a fashionable beverage first at court, and then among the wealthy classes as a whole. The British took to tea with an enthusiasm that continues to the present day. It became a popular drink in coffee houses, which were as much locations for the transaction of business as they were for relaxation or pleasure. This sounds very familiar...

## A Time Old Tradition

**Anna, 7th Duchess of Bedford, is reputed to have invented the idea of afternoon tea in the early 1800s. She conceived the idea of having tea around 4pm in the afternoon to ward off the hunger pangs between lunch and dinner. Some time earlier, the Earl of Sandwich had the idea of putting a filling between two slices of bread. These habits soon became good reason for social gatherings, and started a trend that is still very much a part of British life. Nowhere is this tradition enjoyed more than right on our very doorsteps. Take in afternoon tea in Bath's genteel Georgian Pump Room accompanied by the Pump Room Trio and let the staff transport you to a bygone era of modishness and social intrigue. You can even sample four different type of Pommery Champagne accompanied by the usual delights of an afternoon tea.**

**To make a booking contact: 01225 444477 or book online: www.searcys.co.uk/thepumproom**

**Louise Allen is the co-founder of gourmet tea company Teapigs and is at the heart of the blossoming British tea culture…**

# Tales from a Tea Taster

**I'm a trained tea taster and I've been doing that for 8 or 9 years.** I used to work for a large tea company who sent me all over the world learning about tea. During my trips I realised that there was a real opportunity in the UK to raise the standard of the tea we drink, which has been significantly lowered since teabag came in. I was visiting all these other countries and seeing the amazing teas that they were drinking and had to conclude that despite the resources to source produce from all over the globe, we're really not drinking the best that's available to us.

**By the time I left university I'd already done some travelling and had a bit of a travel bug.** I also absolutely loved tea, so when I saw a job advert that said I could combine the two, it almost seemed too good to be true! It's not quite as glamorous as it sounds because you do spend a lot of time in very remote locations on your own but it's great if like me you enjoying visiting unusual places. The training program is quite intense and before you become a qualified tea taster, there's a five-year course where you'll be tasting anything from 100-300 cups of tea every single day, training your palette to differentiate between types of tea from different countries, then selecting the very best teas from particular regions.

**I'll never forget my trip to Taiwan where I met a farmer who grew Ulong tea and pineapples.** We went to his house and he served us freshly plucked tea with thick chunks of pineapple – that was probably one of the most amazing experiences in the most beautiful setting that I've had through my job. Taiwan is the best region for growing Ulong tea, which is halfway between a green tea and a black tea; it's part fermented and has an extraordinary flavour.

**In our previous company, Nick and I soon realised there was a real opportunity to bring quality whole leaf teas onto the market.** When we started out, we looked at the loose-leaf route but our ambitions were really to upgrade the quality of tea that the average person was drinking in cafés and restaurants and so making whole leaf tea convenient was quite important - when these places get busy, trying to weigh out the correct amount of tea would be too time consuming. So weighing out the tea and putting it into a convenient bag is where our mesh 'tea temples' came about.

*"Before you become a qualified tea taster, there's a five-year course where you'll be tasting anything from 100-300 cups of tea every single day."*

**I think whenever you think of quality tea previously in the UK you think of prestigious food halls such as Fortnum and Mason and Harrods** where there's 200 different kinds of tea which can be daunting for the average person. In the past we don't feel there's necessarily been a concerted effort to educate people about tea and so our approach is two-sided by trying to sell lots of quality tea and also to educate people in a friendly way - our motto is 'No airs, no graces, just fine tea' which really sums that ethos up I think.

**Tea will unquestionably remain one of the great British traditions.** More and more companies are springing up who are taking a different approach to it. I think the range of gourmet teas coming into the market can only be a good thing; when you look at America, they have an established range of gourmet teas in mainstream supermarkets. Over here the interest and excitement around tea is growing all the time and it's great to see other companies out there who are all adding to what is already one of the nation's favourite pastimes.

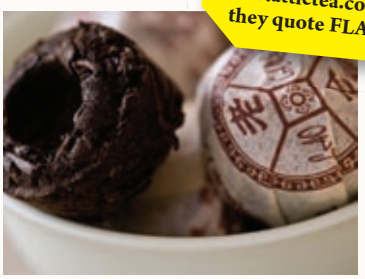
For more information about Teapigs, including a list of local stockists, please call 020 8560 0312 or visit **www.teapigs.co.uk**

# Attic Tea

**Attic Tea has been promoting tea as a tonic for the mind, body and soul since it was founded in 2006. Encouraging Chinese tea to be enjoyed as a positive addition to life, Attic Tea's aim is to open the gateway to the world of Chinese tea, showing that it has so much more to offer than just being a refreshing drink.**

**READER OFFER**
**Attic Tea are offering flavour readers a 15% discount when ordering online at www.attictea.co.uk when they quote FLAVOUR.**

**Must try:**
Pu'erh Tuo Cha



**Benefits:**
In Chinese medicine, it is considered to be a high 'Yin' energy tea, giving it stabilising and grounding properties. It has a very distinct smell and taste, which is characteristically strong, rich and earthy. It is considered one of the most 'medicinal' of teas, especially good for the liver, spleen and digestive system, which is why it is a good tea to drink after meals. Pu'erh Tuo Cha has also been shown in a study to reduce the levels of lipids in the body if drunk on a regular basis, causing a positive effect on cholesterol and blood pressure.

**They say:**
*"We truly love this tea, not just because of the taste or even the fact that it comes in lovely little 'cakes', but because it has prevented a hangover on more than one occasion!"*

**T: 01179 090357**
**W: www.attictea.co.uk**

# Canton Tea Co

**Canton Tea Co is a specialist supplier of high quality Chinese tea and teaware founded in 2008 by Jennifer Wood. Canton Tea Co sells over 30 healthy and delicious whole leaf teas online, all sourced direct by expert buyers based in China and Taiwan. All Canton Tea Co teas are made using traditional artisan farming and production methods; the tea leaves are handpicked and rolled today just as they have been for the past 2000 years. Canton Tea Co won 6 awards at the recent Great Taste Awards including 3 Gold Stars for its Jasmine Pearls.**

**READER OFFER**
**Free £5 voucherwhen spending £5 or more from www.cantonteaco.com Enter code FLAVOUR with your order.**

**Must try:**
Jasmine Pearls

**Tasting notes:**
This tea is incredibly tasty and aromatic with lovely floral notes of jasmine over the creamy, sweet flavour of the tea. Jasmine Pearls is handmade from high quality white tea – a lighter version of green tea that's packed with heart-friendly antioxidants – and infused with real jasmine flowers.

**W: www.cantonteaco.com**
**T: 0845 5195575**

**They say:**
*"We were thrilled to win so many awards in our first year. We're passionate about our teas and go to a lot of trouble to source the best. You really can taste the difference – and it's good for you!"*

# Cup of Tea

**A family owned business based in Somerset, Cup of Tea specialises in the very best leaf teas and accessories. Their online shop offers around 150 different varieties including classic black and green teas, white teas, oolongs and fruit and herbal infusions. Cup of Tea offers everything you need to brew and serve utterly delicious teas.**

**READER OFFER**
**Receive a 10% discount* throughout July and August when ordering online at www.cupoftea.uk.com. Enter code FLAVOUR10 when ordering.**

**Must try:**
Matcha

**Method:**
To create Matcha, hand-picked leaves are carefully stripped of their veins and then ground into a super-fine powder using special granite mills. It can take an hour to grind 30g so Matcha is very exclusive and very special. The process creates a very fine powder, which completely dissolves when well whisked meaning the whole leaf is drunk. With the correct equipment it's easy to prepare and delightful to drink.

**Benefits:**
Matcha not only lowers cholesterol, elevates mood, boosts metabolism and helps fight against heart disease, but its mild, smooth, fruity notes make it a pleasure to sip.

**They say:**
*"Our organic Matcha Hikari is one of the most popular Matcha teas in Japan. You use very little at a time and apart from making delicious tea, Matcha can be used for cooking, baking and making tasty hot and cold drinks."*

**T: 01761 239162**
**W: www.cupoftea.uk.com**

*Offer does not include P&P. Terms and conditions apply.

# Sherston Tea Company

**Sherston Tea is a small, independent company with a meticulously selected list of the best rare and traditional loose leaf teas imported from tea gardens around the globe. They have developed and blended a unique and exclusive range of flavoured, fruit and herbal tisanes, which are sold in distinctive blue airtight tins and refills are available in special foil bags. Sherston Tea Company has a range of beautifully designed and amazingly functional glass tea pots and other tea-making goodies.**

**They say:**
*" While there is tea there is hope."*

**Must try:**
The Muse

**How it's made:**
Green Tea is usually referred to as 'non-fermented' or 'semi-fermented' tea. The freshly plucked leaves of the Camelia Sinensis plant are rushed from the fields to the first drying process, during which they are placed in thin layers on bamboo trays and left for a few hours to dry in the sun and warm air. Green tea is then heat treated and twisted into balls and left to dry before being separated by sifting and graded. It is at this stage that the green tea can be blended with flowers, fruit and spices for different flavours and textures.

**W: www.sherstontea.com**

# Papaji's House of Teas, Lounge Bar & Bistro

**A tea house for a modern age serving fantastic food all day, brunch, afternoon tea & some spectacular evening specials, with freshly baked cakes, scones and muffins from our in-house bakery. We have over 75 loose leafs teas to choose from that have been carefully selected from around the World and also an extensive drinks list with wines, beers, spirits and tantalising tea cocktails.**

**Must try:**
Glenburn Darjeeling First Flush, March 2010

**Background:**
The freshest cuppa in Bristol! But only until the second flush arrives in mid July. As it is so fresh the antioxidants are in abundance and the health benefits are enhanced. Darjeeling is considered to be the Champagne of teas and this is truly one of the best from the region. The benefits of Glenburn are not only to your health and taste buds, but also to your mind and soul as Glenburn, and their sister estate Khongea in Assam, have a great welfare program that ensures the health and education of the 1000s of families that live and work on the estates.

**T: 0117 946 6144**
**W: www.papajis.co.uk**

**They say:**
*"The climate, altitude and terroir of Darjeeling give rise to a brew that is bright in the cup with a spring green infusion and a light, fruity, almost citrusy nose."*

# Sally Lunns

When it comes to the English tradition of taking tea, nothing beats the pedigree of Sally Lunns. Open for morning coffee, lunch, afternoon tea, pre-theatre and evening dinner, Sally Lunn's is an authentic tea house where you can experience the true taste of Bath.

**T: 01225 461634 W: www.sallylunns.co.uk**

# Manor House Hotel

This beautiful 14th Century country house is the jewel in Castle Combe's crown and proud owner of the "Top City & Country Hotel Tea Award 2010". Finely cut sandwiches, freshly baked scones, delicate pastries on a tiered cake-stand and tea and coffee of your choice await you – what a treat!

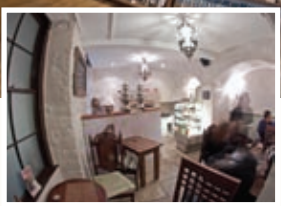
**T: 01249 782206**
**W: www.manorhousehotel.co.uk**

# Jane Austen Regency Tea Rooms

Escape the hustle and bustle of Bath's busy streets at The Regency Tea Rooms up on the second floor of the Jane Austen Centre. Visitors can expect a quiet oasis, which has now received the prestigious Tea Guild's 'Award of Excellence' by demonstrating an exceptional level of quality and service. Delightfully costumed staff, a themed menu and warm atmosphere make for the perfect break in your day.

**T: 01225 443000**
**W: www.janeausten.co.uk**

# Teahouse Emporium



Teahouse Emporium are specialist wholesalers and retailers of fine teas and coffees. On the ground floor you will find over 120 different types of tea from all corners of the world. Teahouse Emporium also stock a wide range of tea pots, accessories and unique gift ideas. Downstairs in their 18th Century cellar tea room you can try before you buy.

**T: 01225 334402**
**W: www.teahouseemporium.co.uk**

# Utterly Sexy Café

The Utterly Sexy Café became a full service catering company in 2004. The Vintage China Hire business includes a vast and stylish collection of pretty antique china and tableware, becoming synonymous with The Utterly Sexy Café's unique style. They offer romantic vintage wedding receptions and elegant birthday parties. Amanda will organise your event with breathtaking creativity using pretty vintage china hire, decorative catering, seasonal flowers, wedding cakes and venue styling.

**T: 01747 870 812**
**W: www.utterlysexycafe.co.uk**

# Boston Tea Party

The award-winning Boston Tea Party café is famous for its tea and uses local importers and tea tasting specialists to select the best. 22 teas are now available from the traditional aromatic Earl Grey and Darjeeling to the exotic Oolong, Chinese Gunpowder and Zen White. Only the highest quality loose leaf tea is served and always in a china pot to ensure the perfect cup. Cafés can be found in Bath, Bristol, Barnstaple and beyond.

**T: 01179 293939**
**W: www.bostonteaparty.co.uk**

# STAR ANISE ARTS CAFE

The Star Anise Arts Cafe is a vegetarian and ( occasionally Fish) cafe, serving simple, delicious fayre made from SCRATCH on the premises. Our approach is simple and wholesome with an emphasis on dishes made on the day using almost all organic ingredients. We bake our own croissants and sourdough bread every morning ( including Sundays for brunch). Our own Houmous, Baba Ghanoush and 'Butterbean, Mustard and White Miso' Paté are a summer staple, served with our sourdough bread and organic salad, often picked at this time of the year from a local garden on the DAY. We even have our very own wild food supplier, Matthew, aka 'Rupert Burdock', who turns up, basket-in-hand with his wonderful finds from the Costwold woods and vales: last week beautiful, fresh Branching Oyster mushrooms, this week wild raspberries and a promise of the first Blackberries (already!) later this week.

Every day we serve a vegan soup, accompanied by our fresh sourdough bread.

All our cakes and cookies are dairy and sugar- free, sweetened with Organic Maple, grain (rice & barley) and Agave syrups and most are also vegan. We always include vegan and gluten- free options on our lunch-board and are proud to serve Organic, fair-trade coffee from the Bristol-based Roasters "Exract".

Added to this is a really warm ambience and the most wonderful staff team you could ever have.

**Monday - Friday** 08.00am - 17.00pm
(If there is an event on Friday we will remain open through to the evening!)

**Saturday** 8.30am to 11.00pm

**Sunday Brunch** 10am to 2.00pm

STAR ANISE ARTS CAFE
Five Valleys Foyer, Gloucester Street, Stroud, Gloucestershire, GL5 1QG. Tel: 01453 840021

# Veg out!

Whether you're a devout vegetarian or just enjoy a healthy alternative, we've scoured the South West to bring you the best places for a meat-free meal with a difference.

## CAFÉ MAITREYA

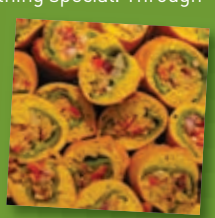
Now in its eighth year, Café Maitreya has won various accolades for its modern vegetarian cuisine. Seasonality is vital to its creative menu with its British and French inspirations. Café Maitreya is currently running a 'summer loving' menu at just £15 for three courses, featuring such delights as courgette flower and goats' cheese fritters, roulade of charred aubergine with sweetcorn and cashew nut and a deliciously fruity, dairy-free knickerbocker glory with elderflower sorbet.

Three courses for £15 Wednesday–Friday evenings until 14 August – book early to avoid disappointment.

Café Maitreya
89 St Mark's Road,
Easton
BS5 6HY
01179 510100
**www.cafemaitreya.co.uk**

## BRISTOL SWEET MART

Bristol Sweet Mart Deli offers a world of choice at your fingertips for vegetarian cuisine, inspiring endless amounts of dishes for everyday life. The huge range on offer supports Fairtrade and caters amply for the organic shopper. The sweetmart stocks products and fresh produce from different countries as well as supplying a vast range of herbs and spices for those looking for that something special. Through experience and experimentation, the deli has been able to present a whole selection of appetising snacks and dishes catering perfectly for the vegetarian on the lookout for food with the 'wow' factor.



Bristol Sweet Mart
80 St. Marks Road
Bristol
BS5 6JH
Deli: 0117 9511900
Shop: 0117 9512257
**www.sweetmart.co.uk**

# Veg out!

## THE SARACENS HEAD INN

Situated in an area of outstanding beauty, The Saracens Head Inn on the banks of the Wye River offers the perfect retreat for those looking to get away for an afternoon, a night or a week. With ten beautiful rooms of varying size looking onto the riverside, you will find comfort and a welcomed rest. The interior is the perfect mix of the traditional and the contemporary and with a good selection of ales and ciders, a comprehensive wine list and fresh delicious food with varying veggie options, you can make yourself right at home.

The Saracens Head Inn
Symonds Yat
Ross-on-Wye
Herefordshire
HR9 6JL
01600 890435
**www.saracensheadinn.co.uk**

## LAVENDER HOUSE

Lavender House is a Five Star Gold Award Bed and Breakfast managed by Kevin, Billie and Diana, whose raison d'être is to make you feel at home. With a touch of the luxurious and a strong focus on friendly hospitality, you're ensured to have a relaxing and rejuvenating experience. Fresh, local and organically sourced, the food is simply delicious. The breakfast is cooked to order to a very high standard, there are several tasty veggie options and the house is happy to cater for those with any type of special dietary need.

Lavender House
17 Bloomfield Park
Bath
BA2 2BY
01225 314500
**www.lavenderhouse-bath.com**

## RIVERSIDE GARDEN CAFÉ

Situated beneath Clifton's world famous Suspension Bridge, Riverside is the South West's leading, co-operatively owned and independently run garden centre. With panoramic views of the city and a stunning backdrop of a beautiful, healthy garden, it's easy to see why this place is known as an artist's paradise. In their café, warm and relaxing service is on offer accompanied by a wide selection of vegetarian, vegan and gluten-free produce. Everything is locally sourced or produced on sight right down to the stock grown in their own kitchen garden. The Riverside will be preserving the best of the summer in their homemade chutneys and jams from a surplus of stock in the Autumn, ready to go on sale in the winter, allowing you to taste the best of the season all year round.

Clift House Road
Southville
Bristol
BS3 1RX
0800 037 5796
**www.riversidegardencentre.com**

## THE BEAN INN

Turn to page 5 for an exciting giveaway!

The Bean Inn on St Ives Bay produces outstanding vegetarian world food. The intimate candlelit restaurant at Coast B&B is heralded as 'a gourmet vegetarian experience' by The Cornishman, 'a must visit' by Cornwall Today, 'thriving and funky' by The Guardian and is listed among the UK's top ten vegetarian restaurants by Timesonline.com and Channel4.com. What's more, with a catering service and new recipe book called 'Yum!' this place is a veggie heaven!

The Bean Inn at Coast
St Ives Road
St Ives
Cornwall
TR26 2RT
01736 795918
**www.thebeaninn.co.uk**

## TIFFINS

Fast food isn't usually fine food. Then again, Tiffins isn't your usual takeaway. Nick and Jay Jethwa have served authentic Gujarati cuisine here since 2003: the genuine western Indian article, cooked using health promoting spices and much less oil (only pure sunflower oil) than is normally the case. Using their microwaveable or ovenproof containers, you can heat and eat or freeze dishes for future enjoyment. They're all prepared fresh daily and they change regularly – with seven vegetarian and two meat options available, you can stock up on a week's dinner in one visit. Tiffins is Indian food at its best – light, fragrant, aromatic and fresh.

151 St Michael's Hill
Bristol
BS2 8DB
01179 734834
**www.tiffinsbristol.com**

## THE GARDEN CAFÉ

Priding themselves on serving just as many meat-eaters as veggies, The Garden Café has gained a reputation for serving great food, without the label. They prepare all their dishes on the premises using only the best ingredients. Organic, free-range, Fairtrade and local produce are very much the order of the day, meaning they can serve their food safe in the knowledge that it's better for you and the planet. Their selection of seasonal salads and tapas are renowned. Enjoy alfresco dining in their beautiful courtyard garden. Open 7 days a week.

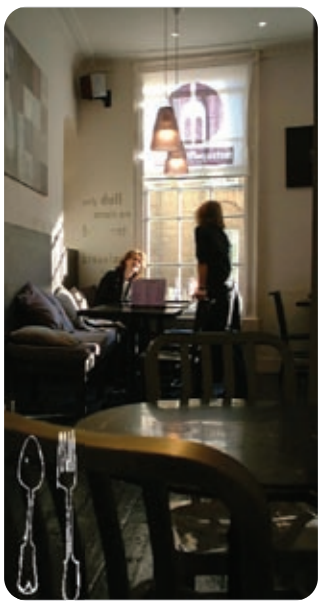
The Garden Café
16 Stony Street
Frome
Somerset
BA11 1BU
01373 454178
**www.gardencafefrome.co.uk**

## METROPOLITAN CAFÉ

Put simply, these guys love fresh and organic food – healthy enough to be good for you and indulgent enough to be enjoyable. Great coffee, great cakes and a great place to sit.

"Tasty, healthy, chic"

Metropolitan Café
15 New Bond Street
Bath
BA1 1BA
01225 482680



## DEMUTHS

Demuths Vegetarian Cookery School is run by professional chef and restaurateur Rachel Demuth, a pioneer of vegetarian, vegan and organic cooking. Rachel specialises in creative and healthy food for anyone wishing to learn to cook without fish or meat. The courses are highly instructive and hands on, catering for the beginner to the highly experienced. The range of topics covered at the day-long courses are broad, enabling guests to take advantage of a programme featuring everything from 'Fast and Delicious' to 'Southern Indian Thali'.

6 Terrace Walk
Bath
BA1 1LN
01225 427938
us@vegetariancookeryschool.com
**www.vegetariancookeryschool.com**

THE LOVELIEST FISH & CHIPS IN THE SOUTH WEST!

Independently voted by Daily Mirror readers as the Best Fish & Chips in the South West!

Recent winners of The Regeneration Partnership and Weston Mercury and Star FM's Business of the Year Award

# PAPA'S

## FISH RESTAURANT

### AND TAKEAWAY

**Established in 1966 by Photios Papa, Papa's Fish Restaurant is testament to a man's determination to create a name in high quality and great customer service. Seventeen years ago Photios' son Adam started Papa's in Weston, proudly maintaining his father's legacy on a daily basis. Today, all of the fish at Papa's is supplied by the same family businesses as when it started, and most importantly, is still cooked fresh to order. With fish and chips good enough to bring diners from all around the country, this is one reason to visit Weston-Super-Mare all year round!**

**Having worked with his brothers and father for many years, Adam is spurred on by a genuine love for the business and seeing people happy and satisfied. The restaurant has recently been awarded five stars for health and hygiene, and according to Adam, it doesn't stop there: "We don't take anything for granted, ever. It's a new day every day, and we go forward with a real passion for what we do".**

Papa's Fish Restaurant and Takeaway ~ 20 Waterloo Street ~ Weston-Super-Mare ~ BS23 1LN

Telephone: 01934 626565 ~ Visit: www.papasukltd.com

As part of a new series, **Helen Aurelius-Haddock** takes a closer look at the culinary classics that should be adorning every cook's bookshelf...

# LONG SHELF LIFE...

Seasonal eating is the new rock'n'roll – at least if you're of a certain age that is. In all seriousness, we can now cherry pick cookery books to reflect where we are in the eating calendar, and be delighted by the crop of a particular month, or the catch of the day.

As there is rarely anything new under the sun, it will come as no surprise that Elizabeth David's Summer Cooking has been gracing the kitchen bookshelf for a staggering 55 years. Writing against a backdrop of post-war Britain, she was the prime innovator to broaden the palate of the British public. She persuaded them to use olive oil to cook rather than to syringe sore ears, and to venture to try the more exotic produce that inch-by-inch was moving towards the counters of the nation's shopkeepers.

In this book, she boldly challenges a country's appetite to educate it back to the delights of seasonal eating. Following the years of austerity, housewives had become slaves to providing food for their tables, rather than relishing it. Deep freezing had made its way into domestic homes, and the frozen pea reigned supreme. Summer Cooking was a path to follow where eating food in season could once again be enjoyed.

Quality is where it stands alone; here is a book whose strength lies in the engaging narrative that precedes the recipes. It has no glossy photos, and relies entirely on its words to paint a mental image of each dish, coaxed into reality by its writer. It pays homage to fresh, seasonal food in a way that the British public had never seen before. If it's fresh, buy it, cook it and eat it. It's a simple as that.

There is a vibrant offering inside to excite even the 21st Century palate: Picnic menus for all manner of occasions, holiday food for those with a reduced cooking kit, buffets where food can be prepared well in advance, and so much more. The recipes reflect the simplistic nature of eating in the hotter months. Food such as eggs, meat and fish should require a minimum of preparation and be enjoyed for their own sake, with a green salad and some good bread and wine. Her tomato omelette, sole au vert, and spiced grilled chicken are fine examples of this principle. The sizeable vegetable section also uses the widest possible choice of fresh produce available at the time; peperonata and courgettes au jambon are just a few examples of the strong Mediterranean influences in David's writing. Summer fruits, notably the berries, are explored and turned into water ices, tarts and jellies, although she suggests that there's no finer summer dessert than a bowl of fresh fruit and cream – I tend to agree.

> "Quality is where it stands alone; here is a book whose strength lies in the engaging narrative that precedes the recipes"

Should you choose to buy the book, the table of contents should really be carefully studied before it is truly explored as it will reveal an undeniable fact: Her writings are the blueprints for pretty much every summer season cookbook that has followed. Yes, there may be twists and turns, huge colour photos and the extra sprig of coriander here and there, but most acknowledge in some way or another that this modest book is the source of their inspiration, and come to think of it, mine. ■

A student of Bristol University back in the '70s, Helen has since exchanged her life in the West Country for the sunnier climes of Western France. You can follow her culinary musings across the Channel on her blog: **www.haddockinthekitchen.wordpress.com**

# rosemary restaurant

Quick-stop Japanese restaurants are springing up in city centres all around the UK, but the peaceful, rural setting of Stanton House Hotel's Rosemary Restaurant feels a world away. **Jennie Clark** steps out from Bristol's bustle to appreciate the art of sushi.

It's an unusual prospect, anticipating specialist Japanese cuisine on the approach to a Wiltshire country manor. Situated next to acres of ancient woodland in Stanton Park nature reserve, Stanton House Hotel appears every bit a part of its classic Cotswold setting.

Originally created for workers and their families based at the nearby Honda plant, the food at the hotel's two restaurants has developed a reputation that's outgrown its initial purpose. Diners can choose between the intimate and authentic Mt Fuji restaurant, where shoes are removed at the door, and the Rosemary a la carte restaurant overlooking the leafy grounds.

We began our meal at Rosemary with warm sake. Although it's referred to as a rice wine, it carries the punch of a brandy or liqueur. When it's warm it quickly loses its fleeting heat, but it also has a sense of occasion that drinking it cold can't match.

A menu made up of so many little dishes always breeds indecisiveness, but thankfully the sushi and sashimi is available as a chef's selection to share. The sashimi moriawase is available with four or seven fish varieties (£13.50/£19.50), and the nigiri sushi moriawase includes a selection of 12 pieces of sushi (£18).

For one of our starters we chose the chikuwa isobe – a stack of thin, crispy fishcake pieces in light and crispy seaweed batter (£3.40). As well as classic teriyaki and deep-fried squid, the starters include more adventurous specialities like octopus and sautéed ox tongue.

For the main course we had shogayaki, stir-fried pork loin with ginger sauce and fresh salad (£13.60) – thin slices of local meat drenched in fragrant oriental broth. We also had nabe yaki udon (£12.50) – noodles in a hot, clear soya soup with tempura prawns and vegetables, a lightly poached egg and tofu. This was a vast, homely bowl of fat noodles soaking up the light soup, the giant prawns on top and the poached egg leaking out rich liquid yolk.

For dessert you can choose from Japanese fruit salad and different ice creams, but we went for a sweet adzuki bean-filled pancake.

The chef at Rosemary trained in Japan, and many of the specialist foods used in the restaurant are also available for sale in the Japanese food shop next to the restaurant – you can even order sushi grade fish to make your own at home.

Every Sunday, there's a Japanese buffet (£11.95 pp) with a full selection of sushi, sashimi, soup, tempura and other hot dishes – the perfect way to take the time to sample some of the cuisine's special delights. And surrounded by acres of space in the nearby nature reserve, it's got all the ingredients for a perfect afternoon. ■

Stanton House Hotel
The Avenue
Stanton Fitzwarren
Swindon
SN6 7SD

0870 084 1388
**www.stantonhouse.co.uk**

> Many of the specialist foods used in the restaurant are also available for sale in the Japanese food shop next to the restaurant – you can even order sushi grade fish to make your own at home.

# Alice Hart:
## a new voice in food

It's almost impossible to credit that Alice Hart is still in her 20s. As well as being a chef, she was the youngest-ever food editor at Waitrose Food Illustrated, has run a hit pop-up restaurant – The Hart and Fuggle – in London, and a Vietnamese restaurant is planned for the near future.

A graduate of Leiths who also has a BSc in physiology and neuroscience, Alice has cheffed for celebrated cook Tom Kime, as well as at the renowned Griffin Inn in Sussex. Her pride and joy is Myrtle the Hurtle, a beautiful 1972 VW camper van with kitchen, which takes Alice on adventures to gather recipes. She also fits in caring for the fruit and vegetables she grows on her roof terrace in London, marathon running and wakeboarding. Alice cites her food influences as her mother and grandmother – both great cooks – her travel experiences and, of course, the Winnie the Pooh Cook Book, her earliest kitchen inspiration.

Alice is an exciting and authoritative new young voice on food who loves to share her culinary knowledge with friends. In this, her first book, she aims to encourage her generation of 20-30 somethings to cook the original, modern food they enjoy to fit the lifestyles they lead. Chapters are based around occasions, from Sunday lunches to barbecues and camper van picnics, with recipes grouped into Frost and Fireside (for cold weather occasions) and Sunshine and Strawberries. Dip into the book in January to find an inspirational New Year brunch, or during August for a vibrant and memorable faded summer kitchen supper for friends. Above all, the book is cook-friendly, with quick ideas for packed lunches and recipes to get you out of a fix when time is really tight. And the practical hints on timing a meal and scaling quantities up or down will make life really easy for people who love to cook and eat. As Alice says, it's not just about cooking, it's about enjoying life.

*'Alice's Cook Book' is available at all good bookshops.*

*Published by Quadrille. RRP £14.99*

# BEAUTIFUL POMEGRANATE JELLY WITH POURING CREAM

**You'll need to start this the day before. The recipe makes one large, obscenely wobbly jelly, or six person-sized creations. Squeeze the juice from halved pomegranates as if they were lemons, then sieve it to remove any stray pith or seeds. But watch your clothes; that juice doesn't seem so pretty when it's splattered down your best white T-shirt. I should know. In spite of any temporarily-ruined clothes, this is my favourite. And I think it might be yours.**

Hands-on time: 15 minutes

**Ingredients**
3 tbsp caster sugar
800ml fresh pomegranate juice (squeezed from about 3 large pomegranates)
12 gelatine leaves or 4 tsp gelatine powder
juice of ½ lemon
single or double cream, to serve
pomegranate arials (fleshy seeds), to serve (optional)

**Method**
**1** In a saucepan set over a low heat, warm the sugar in 300ml of the pomegranate juice until dissolved and steaming, but not boiling.

**2** Soak the gelatine leaves (if using) in cold water for three minutes until soft. Squeeze out the water with your hands and stir into the hot juice until completely melted. If you are using gelatine powder, sprinkle it evenly over the hot juice and stir to dissolve. Add the remaining cold pomegranate juice, lemon juice and 200ml chilled water.

**3** Pour into six bowls, cups or 200ml moulds, or into a large 1.2 litre jelly mould or bowl and leave to cool completely, then refrigerate overnight to set.

**4** Either serve the bowls or cups as they are, or turn out: stand the mould(s) in hot water for a second or two to loosen the jelly, before turning out on to a serving plate that you have sprinkled with a spoonful of cold water. Offer cold pouring cream, double or single as you wish, alongside. And some extra pomegranate arials, if you like.

# pulteney arms

Visit the Pulteney Arms website and it will tell you that it is a warm, friendly, traditional pub, popular with the rugby crowd. All true of course, but to one of its most ardent patrons **Nick Gregory** it's so much more than that...

Having been a regular visitor to the Pulteney on and off for the past 20 years I've seen landlords come and go, the décor alter on occasion and Bath Rugby go through the customary peaks and troughs. But, unlike Bath Rugby, The Pulteney has always maintained its stature as one of the foremost boozers in the city.

I know landlord and landlady Coops and Lara have done plenty to the pub since taking over a year or so ago – a decent spring clean, a fabulous menu (all manufactured by trained chef Lara herself), a brighter feel and a couple of new beers to name a few. Though in all honesty I don't think it has ever really mattered who was at the helm, it has always been much loved for the sum of all its parts.

It helps that I'm a rugby fan as it doesn't get much better than the Pulteney for watching a game on the big screen and the knowledgeable mutterings at the bar are always worth an eavesdrop. It helps too that I like the sunshine as the front garden is a gem of a suntrap in the afternoon, perfect for people watching but, given the geographical location on the outskirts of the city, it's not so much as to give you a headache. It helps too that I'm a man of all seasons as The Pulteney is not just best served up warm. A whisky mac on a winter's evening beside the fire, having shed the coats and thermals on a Sunday night, certainly heats up my cockles.

As a community-based pub in the week and a lively arena on the weekend, The Pulteney can be a place to sift through the papers over a quiet one or cheer on the Lions with a few not so quiet ones. I will warn you however, that timing is key in getting that formula right. Don't expect a plethora of seats for a quiet family meal on a Saturday when Bath are at home, but neither should you plan a hen-do round a Wednesday evening as the pace can be sedate (a good thing).

Normally in this column I would have listed the five real ales, lagers and ciders available on draught before running down the food menu and telling you how competitively priced it all is. But if you don't know already you should make the trip and if you do (but fancy a second opinion) then grab a pint and a homemade pork pie and put your feet up.

The Pulteney is as integral to Bath as the Abbey, The Crescent and the sporting traditions. It's somewhere we all can be proud of, so hats off to Lara and Coops for safekeeping this little Mecca. ■

The Pulteney Arms
37 Daniel Street
Bath
BA2 6ND

01225 463923
**www.thepulteneyarms.co.uk**

> The Pulteney can be a place to sift through the papers over a quiet one or cheer on the Lions with a few not so quiet ones.

READER REVIEW

# OPA MEZE

## BY HOLLY WATSON, BATH

Tucked away next to the river Avon, under the North Parade bridge, lies Opa. With a menu full of classic Greek dishes and an extensive cocktail selection, it's easy to see why this meze bar is the first port of call for those wanting good food and a night out with a Mediterranean twist.

Heading down the stony staircase, I always feel as if I am on holiday as the smell of chlorine from the fountain hits me. My boyfriend and I are greeted by a smiley Greek lady who gives us the choice of where to sit. It's early and the restaurant is quiet; just us and one other couple. Although the restaurant is underground, the light pours in from the doors at the far end of the room, which lead out to the patio area. We order wine, lager and our starters, which arrive promptly.

When the food arrives, it reminds me what I love about the Mediterranean; the dishes are placed in the middle of the table for everyone to tuck into. We share piperies me feta (oven baked red peppers stuffed with feta), kotokroketes (chicken croquettes) and a large basket of pitta bread to mop up the cheese and tomato marinade. It goes down beautifully, the way a starter should: satisfying us but with enough room for more.

During the meal, the chef paces through the restaurant and back to the kitchen. I notice he keeps glancing towards us, eager to know if we're enjoying our food. He has nothing to worry about.

Our mains arrive and when the scent of cheese hits my nose, I look forward to tucking in. I enjoy my spaghetti fournou (spaghetti with sausage, bacon, peppers and tomato in a cheese and whisky sauce). It's served with fresh leaves around the edge of the dish, which I joyfully douse with the balsamic vinegar provided (another perk of eating Mediterranean – I can't get enough of the stuff). Adam enjoys his sofrito (beef in a white wine and garlic sauce with rice) but is underwhelmed by the fries that accompany the dish. Nevertheless, it is consumed within minutes and both platefuls leave us well and truly stuffed.

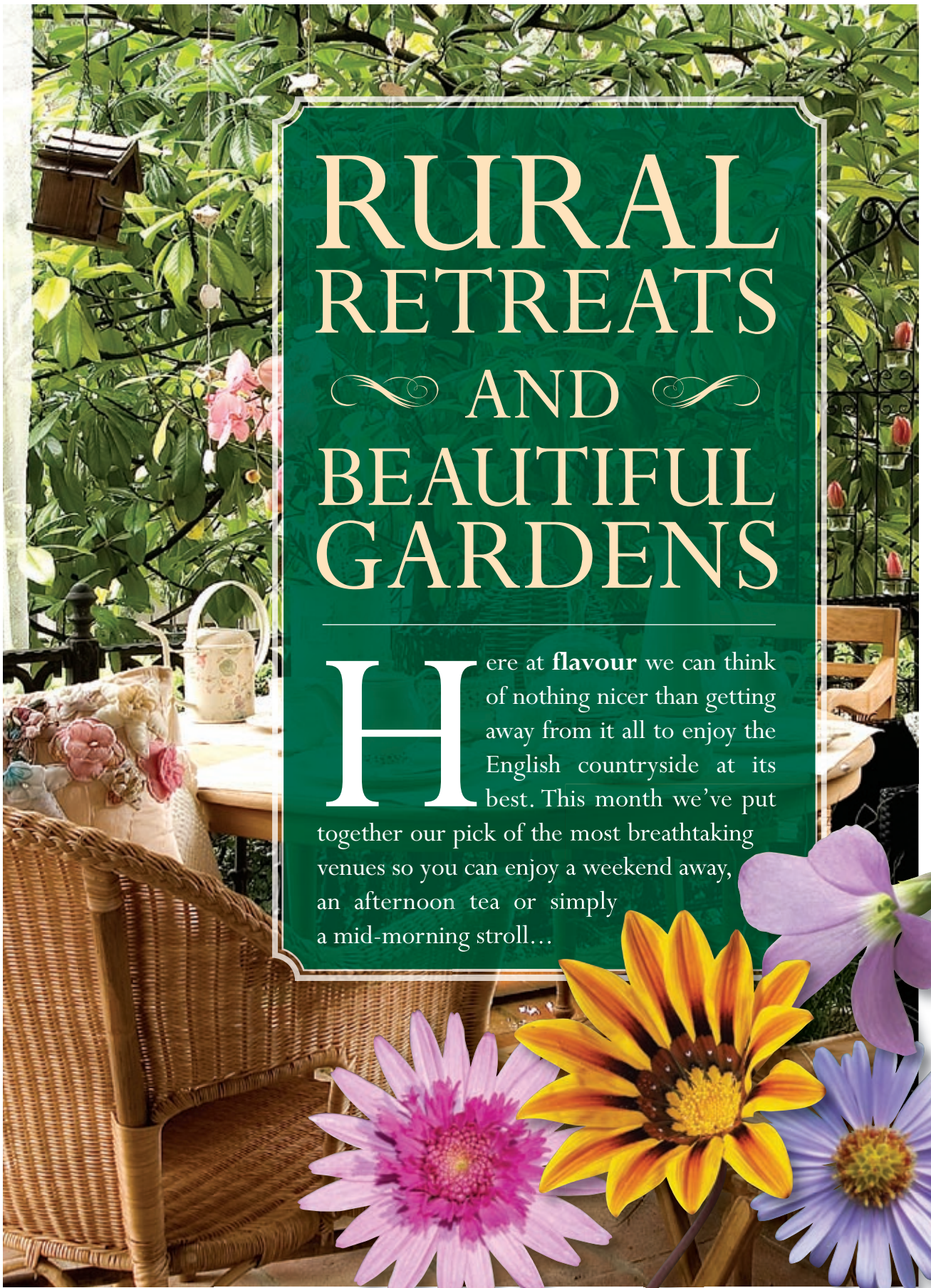
Despite being too full to manage a dessert, there is no chance of passing by their excellent cocktail menu. I order a chocolate martini to satisfy my cravings for sweetness and alcohol. It looks like a work of art as it is brought to the table, the creme de cacao swirling into the vodka, garnished with chocolate sprinkles. For a drink so sweet, it packs a punch and leaves me feeling deliciously woozy.

Along with the bill, the ever smiley waitress leaves us with two complimentary shots of ouzo, which I am forced to decline, following a bad incident with an open bar in Corfu. I feel bad though; the service has been outstanding. Leaving the restaurant, it is still light and balmy and I feel as if I have just returned from a holiday; feeling pleasantly warm, relaxed and happy. ■

Opa Meze
14 North Parade
Bath
BA2 4AJ

Tel: 01225 317900
Visit: **www.opabath.com**

**Tell us about your favourite place to eat by writing to us at the usual address or emailing faye@flavourmagazine.com We'll even give you one year's free subscription for your troubles!**



# RURAL RETREATS AND BEAUTIFUL GARDENS

Here at **flavour** we can think of nothing nicer than getting away from it all to enjoy the English countryside at its best. This month we've put together our pick of the most breathtaking venues so you can enjoy a weekend away, an afternoon tea or simply a mid-morning stroll…

# BARNSLEY HOUSE

Focusing on body and soul, the main Grade II listed Barnsley House (built in 1697), its courtyard cottages, Rosemary Verey's celebrated gardens, the Garden Spa and the companion Village Pub all charmingly conspire as a holistic treat for those seeking a rural escape. Recently re-launched, following a major refurbishment, this chic hotel now sees nature's beauty harnessed indoors, creating a greater synergy between the house and gardens. So whether it's outdoor afternoon tea beside the knot garden, a candlelit dinner in the Temple, fish and chips in front of the pub's crackling log fire or a full body massage in the spa, you know a very special rural retreat awaits!

Barnsley House
Barnsley
Cirencester
Gloucestershire
GL7 5EE
01285 740000
**www.barnsleyhouse.com**

# CEDAR FALLS

Located in sleepy Somerset, Cedar Falls is a traditional Health Farm where rushing simply isn't an option. There is a wonderful range of natural therapies and beauty treatments on offer at the health farm, as well as an excellent onsite gym and fitness class facility, golf course, whirlpool, steam room and sauna, indoor and outdoor swimming pools. A variety of day and overnight packages are available at Cedar Falls, and all include full use of the conveniences.

Cedar Falls Health Farm
& Natural Therapy Centre
Bishops Lydeard
Taunton
Somerset
TA4 3HR
01823 433233.
**www.cedarfalls.co.uk**

# MOUNT SOMERSET HOTEL

This newly refurbished regency residence sits high on the slopes of the Blackdown Hills surrounded by some of the most beautiful views over the English countryside. Ways to unwind from a hectic lifestyle are found at every turn – afternoon tea on the terrace, a leisurely game of croquet or an afternoon enjoying the superb views. Positioned as the jewel of Somerset, a new spa facility is due to open in October of this year which will provide an exclusive and intimate setting for therapy and well-being.

Mount Somerset Hotel
Lower Henlade
Taunton
Somerset
TA3 5NB
01823 442500
**www.mountsomersethotel.co.uk**

# CARWINION HOUSE

Nature lovers from around the world visit Carwinion to admire its renowned collection of bamboo and to relax among the beautiful and rare plants in these 12 unmanicured acres of tranquil garden. Carwinion House is a beautiful 18th Century stone manor house tucked away in its own private estate in the North Helford area of Cornwall. You can stay as a B&B guest in the manor house or alternatively in one of the very attractive self-catering period cottages. Lady of the Manor, Jane Rogers is renowned for her cream teas, served on Carwinion's garden terrace and argued to be the best in Cornwall. Why not judge for yourself?

Carwinion House
Carwinion Road
Mawnan Smith
Falmouth
Cornwall
TR11 5JA
01326 250258
**www.carwinion.co.uk**

# MORTONS HOUSE

Built in 1590 in the shape of an 'E' to honour Queen Elizabeth I, this superb privately run manor house hotel is in the centre of picturesque Corfe Castle. Many of the twenty one character bedrooms boast grand four poster beds and stone fireplaces, offering fine views of the Castle, Swanage Steam Railway and Purbeck Hills. The restaurant at Mortons House enjoys a fine reputation for both traditional and innovative cuisine, with children of all ages being welcomed and well catered for. The location provides the perfect centre from which to enjoy this Area of Outstanding Natural Beauty taking in the sights of Corfe Castle, the Jurassic Coastline, Kimmeridge Bay, Lulworth, Durdle Door, Swanage and the beautiful beaches at Studland. The hotel's many accolades include: Visit Britain Gold Award and Breakfast Award, two AA Fine Dining Rosettes, South West Tourism's Small Hotel of the Year and an 'Accessible' Accommodation Silver Award.

East Street
Corfe Castle
Dorset
BH20 5EE
01929 480 988

For special offers...
**www.mortonshouse.co.uk**

# THE CATHERINE WHEEL

Placed on the edge of the Cotswolds, close to the city of Bath, The Catherine Wheel is within arms reach for visiting a number of attractions, including Cheltenham and Bath Racecourses, Castle Combe Motor Racing, Westonbirt Arboretum and Badminton Horse Trials, as well as being in a prime position for multiple stunning walks and cycle rides. The Catherine Wheel is an impressive building, much of it dating back to the 16th Century, offering the perfect rural retreat for anyone wishing to settle down for the evening and make a weekend out of it by staying in one of the B&B rooms. A perfect British choice for a perfect British break.

The Catherine Wheel
39 high street
Marshfield
Near Bath
Wiltshire
SN14 8LR
01225 892220
**www.thecatherinewheel.co.uk**

# THE OLD RECTORY

Situated in the heart of Exmoor National Park is a very special Georgian Boutique Country House Hotel, The Old Rectory. With eight comfortable and individually designed bedrooms, you can while away the hours in total peace and quiet surrounded by nothing but natural beauty. The stunning scenery makes for a great excuse to put the walking boots on and get exploring. From National Trust properties and RHS gardens to extreme sports, castles and beaches, Exmoor and North Devon has something for everyone. Alternatively spend some well-deserved hours in The Old Rectory's tranquil English country garden filled with plenty of wildlife, where there is always something to watch.

The Old Rectory Hotel
Martinhoe
Exmoor National Park
Devon
EX31 4QT
01598 763368
**www.oldrectoryhotel.co.uk**

## SPECIAL OFFER FOR **FLAVOUR** READERS

Stay 4 nights for the price of 3. Book a 4 night mid week break during August at the Old Rectory Hotel and only pay for 3. The offer includes bed, breakfast, afternoon tea and a 4 course dinner. Available between Sunday and Thursday during August 2010 (terms and conditions apply). Please quote '**flavour** reader offer' when booking.

## NORTHCOTE MANOR

Northcote Manor is an independent cherished country house hotel set in 20 acres of mature woodlands, lawns and gardens overlooking the Taw River Valley. Views of rolling countryside and open sky can be fully appreciated from the croquet lawn and tennis court. The décor of the hotel has been recently redesigned to create an atmosphere of luxury sophistication and country comfort chic so that guests can unwind and revitalise. Visitors can enjoy their warm sun terrace with a long, cool drink after a meander around the fruit orchards, or take an indulgent Devonshire cream tea overlooking the rolling hills.

Burrington
Umberleigh
North Devon
EX37 9LZ
01769 560501
**www.northcotemanor.co.uk**

## WHATLEY MANOR

Easton Grey
Malmesbury
Wiltshire
SN16 0RB
01666 822 888
**www.whatleymanor.com**

Set in 12 acres of beautiful English country gardens nestling in the Wiltshire countryside just outside of Malmesbury. The gardens are divided into 26 distinct rooms. Each has a theme, whether based on colour, scent or style. The Kitchen Garden offers enchanting alfresco brasserie style dining. The Spa and outdoor hydrotherapy pool overlooks an informally planted garden leading onto a wooded area, planted with five thousand bluebells and foxgloves and other spring flowering bulbs. The Loggia Garden features contemporary sculpture and is the ideal setting for intimate weddings and private celebrations. Head Gardener Barry Holman will be hosting a garden tour and two-course lunch on the 7th and 21st September. For more details and to make a booking call Events on 01666 834 026 or email events@whatleymanor.com .

# COTSWOLDS88HOTEL

Tucked away in one of the timeless side streets of Painswick you will find Cotswolds88, one of the gems of Gloucestershire's historic country hotels – set in a rolling landscape immortalised by Laurie Lee in his classic novel *Cider With Rosie*. The 18th Century Palladian house with panoramic views over the surrounding Cotswolds countryside has been extensively altered by a succession of architects, including the famous Detmar Blow. Painswick – 'Queen of the Cotswolds' – although only three miles from Stroud's main line station and only eight miles from the M5, is a truly idyllic rural retreat, steeped in history and legend.

Kemps Lane
Painswick
Gloucestershire GL6 6YB
01452 813688
**www.cotswolds88hotel.com**

# MAKE YOUR OWN PLACE OF TRANQUILITY…

Earth, fire and water are the three elements that make up Bluestone, a garden design and build service which provides a full garden living experience and everything you need to make your own rural retreat. After 12 years working side by side, Ben Pike's Garden Design comes together with landscaping company Evergreen Landscapes to provide every element of your perfect outdoor living experience. Bluestone design and install alfresco dining areas bespoke to your requirements, including barbeques, concrete counter tops, furniture and all-weather covered areas but at the heart of the alfresco kitchen are their wood-burning ovens. The centrepiece of your garden, they deliver the unmistakable taste of a traditionally built wood-fired oven – perfect at any time of the year.

Bluestone Earth Fire Water
Middlecombe Nursery
Wrington Road Congesbury
North Somerset
BS49 5AN
01934 876 355
**www.bluestonewater.com**

# Neston Park Farm Shop

## The very best local and organic foods

✻ Deli & Cheese tasting every Saturday with Jenny Gane our award winning cheese judge
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www.parkfarm.co.uk

# Dirty Girl DIARY

Known for giving the big two to the big four, **Rebecca Sullivan** is a staunch soldier for the green revolution who worked on the launch of both the Real Food Festival in London and Slow Food Nation in San Francisco. Picking up her London life six years ago, Rebecca recently moved to a smallholding in the Cotswolds to embark on various foodie adventures such as digging trout ponds, building smokehouses, installing beehives and making jam for her community-supported agriculture project 'Dirty Girl Kitchen'. With her finger firmly on the pulse, each month Rebecca gives recommendations that no foodie should be without...

## STRAWBERRIES IN THE AIR

**After what has thus far been a rather dismal summer, strawberries have finally arrived and that makes me a very happy girl. So I thought I would share with you how to make my favourite strawberry sweet.**

**STRAWBERRY, ROSE AND ELDERFLOWER SORBET**

Serves 4-6

**For the sorbet:**
250g strawberries
125g caster sugar
120ml water
Juice of half a lemon
60ml rose water

**For the syrup:**
150g strawberries
75ml elderflower cordial
15 small mint leaves

**How to make the sorbet**
**1** Put the sugar in a saucepan with the water and bring to boil, but you can remove from the heat as soon as the sugar has dissolved. Set aside to cool.
**2** Rinse and core the strawberries, put them in a blender until puréed. Add the lemon juice and rose water, and then stir the strawberry purée into the now cold sugar syrup. You can at this point pour the mixture into an ice cream machine and churn until frozen or put into a freezer proof container and leave in the freezer. After a couple of hours, remove the mixture and beat the freezing edges into the middle using a whisk. Refreeze for a further two hours and repeat the beating. Return to the freezer until firm.

**To make the syrup**
**1** Cut the strawberries in half and put into a bowl with the elderflower cordial. Chop the mint leaves finely and stir into the berries and cordial mix, refrigerate and leave for at least 30 minutes.
**2** Serve in scoops, pour lashings of the syrup over and garnish with more mint leaves and chopped strawberries.

## COOL CUPS

Some 286 espresso coffee cups designed by artists, musicians and film-makers are going on show around the UK as part of the 10th birthday celebrations of the Italian restaurant group, Strada. The illy Art Collection features cups designed by well-known names such as Louise Bourgeois, Jeff Koons, Pedro Almodóvar, Robert Rauschenberg, Julian Schnabel and David Byrne.

Visit **www.strada.co.uk** for further details.

## JELLY ON A PLATE

Jelly is wobbling back into fashion and Bompas & Parr are at the forefront of the revolution. Here they present the definitive book on the history and making of jelly; a fun, informative, visually stunning and entertaining package. The book begins with an overview of the incredible history of jelly, from Henry VIII's 'jelly hippocras' to the fantastic forms dreamed up by the Victorians. It then delves into the science of creating the perfect jelly, using the very best ingredients and moulding techniques.

An array of delicious recipes finally ensures that you can enjoy everything from super-economical fruity delights to flights of the fantastic (everyone should try their hand at a glow-in-the-dark jelly at least once!). With cutting-edge design and photography and an unparalleled insight into the subject, this is the book to make all your jelly dreams come true.

**www.jellymongers.co.uk**

HOME MADE
DIRTY Girl
KITCHEN

Oak and Glass

# chef profile

**Name:** Amy Hunt
**Head chef at:** Oak and Glass
**Originally from:** Weston-super-Mare

**My Dad worked on the QE2 as a chef when he was young and I remember telling him at 15 after my careers day at school that I wanted to be a chef.** He sat me down and told me the truth about the industry; the long unsociable hours, the varicose veins, the hot sweaty kitchens, normally in the bottom of the building with no daylight. Even after that I still wanted to do it. There were times as a commis chef when I would walk to work crying and think of all the excuses why I could phone in sick that day, but a voice in my head knew that if I did it would only be me I was letting down and no one else, so I didn't.

**Martin Blunos first taught me about the world of Michelin cooking.** He had the best sense of humour and the ability to use the cheapest cuts of meat and make them taste out of this world. He is the hardest working chef I have ever worked for; he would be there first thing in the morning and the last to leave at night, demonstrating just how much commitment you need to run your own business and how to treat the team as your extended family. Raymond Blanc, or RB as he's known to those who have worked Le Manoir, would walk through the kitchen everyday and say bonjour, a couple of kisses and a quick chat to see how you were and then it was head back down and push on. He's a very gentle man, extremely passionate about food and flavours. You would hear him before you saw him and he would normally be saying "Taste, taste, taste!" They were the longest and the busiest days of my life to date and I didn't enjoy all of them but I made some of my greatest friends, learnt consistency with food and teamwork, all of which have stuck with me to this day.

**In setting up Oak and Glass, I'm trying to realise my dream of creating a piece of gastronomic heaven here in Weston-super-Mare.** With my training I'm able to take ideas from the places I have worked and combine them with seasonal ingredients from our doorstep. On my evenings off I love The Cove; it's a seafood restaurant at the other end of the seafront to us. We stroll up and have dinner on the terrace and watch the sun set with a glass or two. The head chef there, Kieran and I used to go to school and college together so he always looks after us.

**A few wise people warned me that I would have to work twice as hard as a female chef, and they were right.** You have to grow a thick skin and get used to the swearing, crude jokes, and things being thrown around. I saw a lot of egos in the industry and I would always make it my mission to break them down because underneath is always a lovely person. It's not a very feminine profession, you can't wear make-up, your hair has to be scraped back and the whites don't do anything for your figure! I've been cooking for over 12 years now so it has become very natural for me, when I'm off I become the female that I am and can leave the chef behind.

**I love Weston, it's my home town and I'm proud to live here.** The day the pier burnt down was a sad one for me; I have had so many great afternoons on the pier and even in the last 10 years I would bring chef friends back to Weston for days off and we would play tourists for the day, eat fish and chips, play on the 2p machines on the pier, go crabbing at Anchor Head and have a few beers while watching the sun set. In the last few years I've seen a huge improvement in attitude towards Weston, everyone is upping their game which will in turn make other businesses do the same.

**If I could set up a restaurant anywhere else in the world it would be in Broome, a small town on the North West coast of Australia.** My other passion in life is travelling, and in between my chef years I was lucky enough to make it up to Broome. It's an old pearling town with one of the best beaches I've ever been to. I would open a café on the beach serving wholesome veggie food, smoothies and make the most of the sun, sea and surf! ■

Oak and Glass
1 Uphill Road North
Weston-super-Mare
BS23 4NE

01934 641874
**www.oakandglass.co.uk**

# the potting shed pub

Making the most of the relatively unbroken sunshine, this month **flavour** takes a drive out to the Cotswolds and stumbles upon an idyllic village pub whose menu is attracting all the right attention...

If there's one thing that people guard as jealously as their last Rolo it's the *status quo* of their local watering hole. Try to introduce a new gaming machine or an extra cold lager, and you'll be subjected to more questioning than the local quiz team.

Such was the challenge that Jonathan Barry and Julian Muggridge faced when taking over The Potting Shed almost three years ago. Not only did they intend to completely overhaul this dilapidated village pub, but they also intended to turn it into the kind of place where the food would be as much a reason to visit as the need for pint and a packet of peanuts.

Yet even the most conservative of patrons couldn't fail to be impressed by the fruits of Jonathan and Julian's efforts, which have brought about impeccably tasteful results. The pub's interior is done out in soothing Farrow & Ball neutrals, mis-matched oak furniture and a dash of vintage charm reminiscent of a country fair.

A real investment into village life, including sponsorship of the local footie team, open doors for schools visits and hog roasts at local events, has stood the pub in good stead. The two acres of gardens surrounding the pub also houses a community veg patch as well as their own plot, which services the kitchen.

Head chef Dan Wyatt hails from the sister Rectory Hotel just across the road and prides himself on his love of reviving British classics and his meticulous sourcing. As such, the holy trinity of local, seasonal and organic are strictly adhered to.
To start, gammon ravioli and poached quails' eggs served with pineapple and tarragon chutney (£6.50) was a refined take on a pub grub staple, the flavour combination being a tried-and-tested triumph. The notoriously tricky ravioli and soft-boiled quails' eggs were clear evidence of the kitchen's attention to detail, and duly devoured in record time.

Next up, a fennel and smoked Applewood twice baked soufflé with orange and grain mustard dressing (£12.50) was delightfully Pollock-esque in its presentation, with the centrepiece expertly executed in consistency, if not a tad over-salted.

Finally, a Battenburg cake with strawberry and vanilla ice cream (£5.50) was a nostalgic dream. Fluffy pastel squares contained subtle hints of marzipan and the full creamy flavour of ice cream flagged it up as homemade; in fact Dan makes everything on site apart from the bread. All of this combined with attentive service and detailed knowledge of the menu from restaurant manager Laura Sheffield made for a truly memorable dining experience.

Without doubt, The Potting Shed marks the rebirth of the traditional British dining pub. Recent accolades such as a listing in this year's Michelin Pub Guide and Alistair Sawday's 'Eat Slow Britain' serve to reassure The Potting Shed pub's owners that their hard work has paid off, and that it's not only the people of Crudwell who consider it to be an resounding success story. ■

The Potting Shed Pub
The Street
Crudwell
Malmesbury
SN16 9EW

01666 577833
**www.thepottingshedpub.com**

> Head chef Dan Wyatt...prides himself on his love of reviving British classics and his meticulous sourcing. As such, the holy trinity of local, seasonal and organic are strictly adhered to.

## For people who love local food...

**flavour** is an exciting monthly food magazine for the South West. **flavour** talks about the great food that we have in our region and connects the grower with the consumer to give access to the best local and seasonal produce available. Each month is a mixture of reviews, features and columns which deal with the debate over rural and urban; organic and local and the issues that surround how our food is produced. We showcase the best and meet those who make some of the best food and drink in the country.

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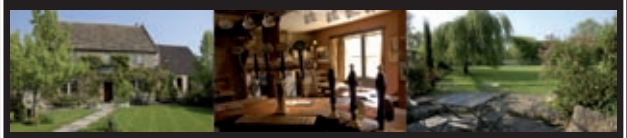
# The Pear Tree



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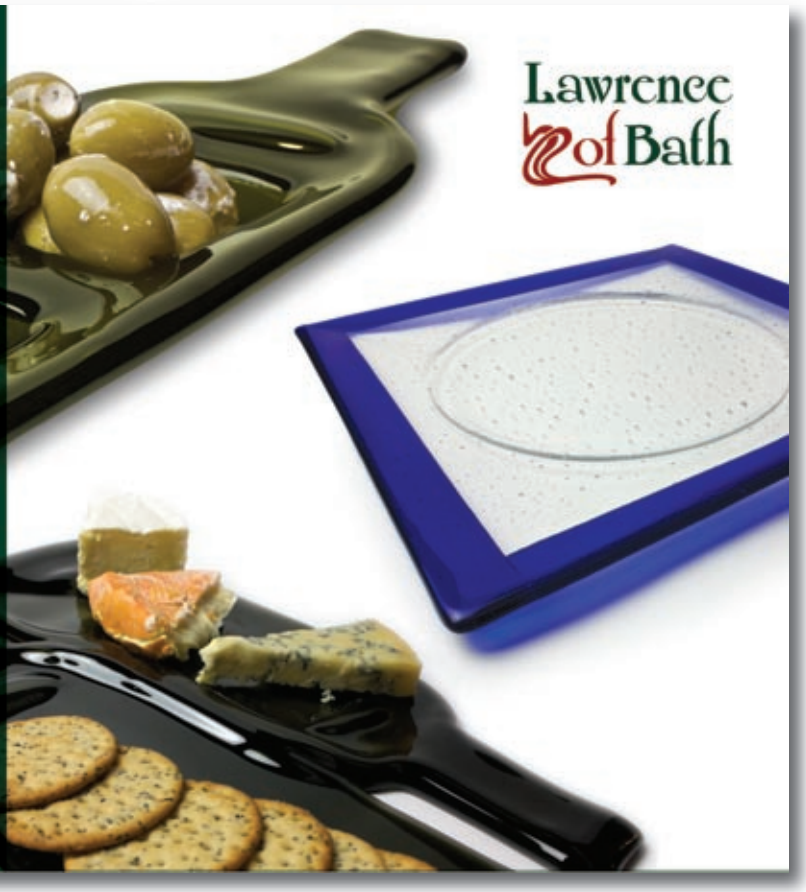


# Ask a chef

Ronnie Faulkner

Ronnie Faulkner is the owner-chef of Ronnie's Restaurant in Thornbury. Ron has had a distinguished career working in some of the most prestigious kitchens in the UK and Europe, for celebrated chefs such as Anton Mosimann and Ed Baines. Cooking for national and foreign royalty and dignitaries honed Ronnie's skill and further reinforced his lifelong commitment to food. His menus showcase the best local produce, earning the restaurant its title as the Good Food Guide's 'Restaurant of the Year'. Ronnie's is based in Thornbury and is open Tuesday-Sunday. Lunches and coffees are available from 10am-3pm and evening meals are available from 6.30pm-11pm. The restaurant is closed on Mondays.

**Q. What's the secret to a perfect meringue?** ***Becky Laryea, Kingswood***

**A.** Meringue comes in many forms and it varies in texture according to the origin. Swiss meringue is firmer than French meringue, whilst Italian meringue is soft in consistency and is used to aerate and sweeten mousses and the like. My personal favourite is Pavlova, a meringue based dessert created for the famous dancer Anna Pavlova. The secret is to add a little vinegar and cornflour, which your recipe should call for. We bake ours gently at 105°C for 1 hour 10 minutes, but do remember ours are individual portions and therefore smaller. They should be formed with a thin crisp shell with a soft spongy centre. To finish, cover with whipped cream and top with seasonal fruit.

**Q. Can you recommend a good quality rosé that isn't too sickly sweet for a garden party?** ***Samantha Taudry, Bradford-on-Avon***

**A.** I was recently at a tasting and found a rosé that took me back to a holiday in Provence. I was much younger and we took a few weeks to travel around in a camper van, expecting sunshine we only packed T shirts and ended up half freezing to death. However my most vivid memory was the rosé wine, pale, delicate, crisp, and incredibly well balanced with subtle summer fruits and peaches. Chateau St Baillon Rosé Reserve 2009 from Bibendum Wines is the rosé responsible for bringing all those memories flooding back. Promotionally priced £8.92 at bottle if you buy enough.

**Q. I want to try offal. What are some more accessible dishes to start with?** ***Nathan Blandford, Somerset***

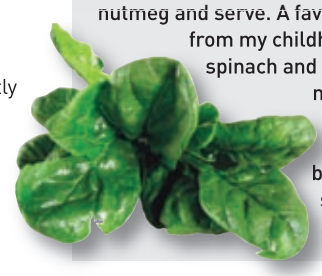
**A.** Veal offal has a delicate flavour and generally much more subtle than lamb or pork, which can be a little overpowering. Calf's liver would be a great starting point, garnished with bacon and onions and served with a little mashed potatoes. It's a classic dish with good reason.

**Q. Should we really still be seeing fish like cod and tuna on restaurant menus?** ***Robert Morgan, Cotham***

**A.** I very rarely use either as we try and source our fish from the local coastline. I do however believe sustainability programmes are working as only recently the EU has increased the UK's quota for North Sea cod by 16% so we will see more cod from British waters. I support ethical sourcing, but warn of boycotting an industry, we only have to look at British veal to see how wrong it can go!

**Q. I love spinach. Can you suggest a few different ways to cook it?** ***Claire Bailey, Bedminster***

**A.** We use spinach by the box load and I agree it is the most beautiful vegetable. In the restaurant we blanch it so it's ready for service. We push it into boiling water, then ice cold water, drain it and squeeze out all the excess water. To serve we put a piece of garlic in the pan with a generous lump of butter. Cook the butter until it turns a nutty brown, remove the garlic and add the spinach. Season with salt, pepper and nutmeg and serve. A favourite of mine from my childhood is spinach and prawn paté, my mother would make it by blanching the spinach the same way.



If you have a culinary query for Ronnie, write to us at the usual address or email **info@flavourmagazine.com**

**Ronnies – Tel: 0800 849 4455**
**www.ronnies-restaurant.co.uk**

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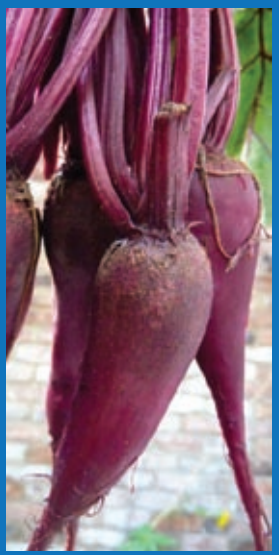

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# THE FOX

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Live stock pens which include chickens and ducks, and some recently aquired pigs, the outside space at The Fox is in full swing, also now there is a small selection of bar snacks available all day, so you can have something to nibble on with your pint or glass of wine at any time.

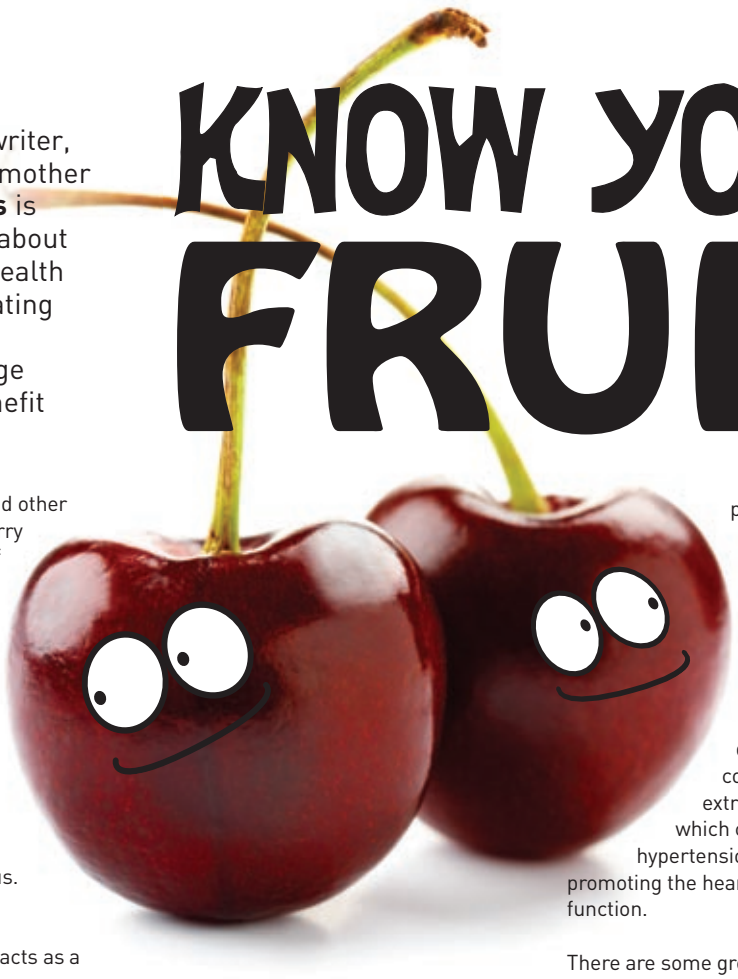
Families and children are always welcome – we have a fully furnished garden, and picnic blankets if you would prefer to sit in the paddock.

The Fox is the perfect location for your private party or event.

*Broughton Gifford, Melksham, Wiltshire SN12 8PN*
*Tel:01225 782949*
*www.thefox-broughtongifford.co.uk*

# KNOW YOUR FRUIT

Chef, food writer, author and mother **Siân Blunos** is passionate about children's health and their eating habits, and believes that expanding your knowledge of food can only help benefit your child.



Loaded with vitamins, minerals and other essential nutrients, the fleshy cherry has been tantalising the palates of food lovers for centuries. The nutritional values of cherries are many and they can be consumed in fresh, dried, frozen or in juice form. Cherries are an excellent choice for your little ones as they are packed full of infection fighting antioxidants. Their rich nutritional value makes them an excellent substitute to many other expensive and exotic berries and best of all, they are utterly delicious.

These ruby red delights contain anthocyanin, a red pigment which acts as a powerful antioxidant. Cherry juice contains melatonin, which is important for the function of the immune system. They also provide a good level of fibre in the body which aids better digestion and prevents constipation. Cherries are extremely high in potassium which can reduce the risk of hypertension and stroke, while promoting the heart and kidneys to function.

There are some great fruit farms around the South West so get the kids involved in picking cherries and enjoy fun for all the family. Cherries are scrummy in pies, crumbles, jams and compotes. Try out this recipe, freeze it and enjoy in-season cherries all year round.

## CHERRY COMPOTE WITH MASCARPONE AND VANILLA ICE CREAM

*This is a very simple ice cream for which you don't need an ice cream maker. An all-time favourite in our household, the kids just love it. The balsamic vinegar may seem odd, but it cuts the richness of the cheese. A perfect accompaniment for the cherry compote. You can buy fantastic silicone moulds from kitchen shops – the one I have has eleven individual little moulds.*

Makes 6-8 portions

**To make the compote:**

- **500g pitted sweet cherries**
- **Juice of ½ a lemon**
- **30/50g caster sugar (this is optional depending on the sweetness of the cherries)**
- **Small handful mint leaves**
- **1/3 vanilla bean, split and scraped**

**1** Place all the ingredients in a small stainless steel pan and slowly bring to a boil. Turn the heat down and let simmer for 5-10 minutes, stirring occasionally. Do not overcook the fruit. You want it to be tender but it should still hold its shape.

**To make the ice cream:**

- **225g mascarpone cheese**
- **50g caster sugar**
- **75ml single cream**
- **5ml balsamic vinegar**
- **30ml milk**
- **4 drops vanilla essence**

**1** Using a hand held blender or a food processor, mix all the ingredients together until smooth. Pour the mixture into the moulds and freeze. When needed, remove the mould from the freezer and place in the fridge for about 20 minutes to soften before eating.

## COOKING FOR COCO

Like most busy mothers, Siân wanted to feed her baby well, but didn't have a lot of free time on her hands. Her solution was to develop recipes using a wide variety of fresh, available foods, which could be batch-cooked and used to stock the freezer. Now, she always has a range of delicious dishes on hand, and you can too. With a little care and planning you can give even the youngest of children the experience of good, fresh food, which is tasty and nutritious.

**To order a personally signed copy of Cooking for Coco for only £8.50 (including postage), RRP £9.99, email sian@blunos.com**

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**01454 263000**
tortworth@four-pillars.co.uk
www.four-pillars.co.uk/tortworth

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Tortworth,Wotton-under-Edge, South Gloucestershire, GL12 8HH

# flavour *drops by...* bath soft cheese

If the recent World Cup knock out is threatening to burst your patriotic bubble, then flavour is very proud to inform you that British artisan cheese making is advancing at a bewildering pace, pipping to the post our French competitors...

It seems as if we haven't only recovered our relationship with traditional cheese making methods, but we've gone one step further to improve them. Graham Padfield and his family are one such example of truly unique and British cheese makers who are changing the face of a lost tradition.

His beautiful organic cheese is a true taste of rural England; no wonder the award-winning Bath Soft Cheese Co. are widely regarded as the leading soft cheese makers for their market in the region. Graham comments "We're very much self-taught as I wanted the cheese to be unique. We've developed each recipe ourselves and all of the cheeses are handmade."

Having inherited the working farm from his grandfather, Graham was looking to diversify in order to accommodate his growing family and support the next generation. Cheese making was a natural progression from breeding his herd Friesian cows. He continues: "We discovered that in Bath there was a soft cheese made back in the time of Lord Nelson, so we went to the local library and found the references which were in various recipe books from the time and set about making it." A year later in 1993, the family was ready to sell to market.

Because of the traditional methods that Bath Soft Cheese use, the family can rely on every piece of cheese having an unrivalled flavour and texture, with their hard cheese just having won Gold at The Royal Bath and West Show. The Wife of Bath beats off stiff competition from the bigger dairies in the area and is made without the use of a cheese press but rather with a cloth lined mould basket, replicating the methods of farmers' wives centuries ago.

Thankfully consumers still embrace local and regional specialties, keeping such artisan producers alive and regaining our position as one of the world leaders in fine cooking and food preparation. As Graham says: "We can only exist because of the people who are interested in quality organic produce. We're here because they are prepared to pay the premium to keep traditions alive. Now, it's our job to keep up the good work!"

Bath Soft Cheese
Park Farm
Kelston
Bath
BA1 9AG

01225 331601
**www.parkfarm.co.uk**

# beecon of hope

With a buzz of conversation surrounding dwindling bee populations, this month **flavour** discovers a local group determined to do their bit...

It would be somewhat of an understatement to say that bees are extremely important to the pollination of UK crops. In the UK alone there are estimated to be between 100,000 and 300,000 hives working out at one hive per square kilometre. A hive may contain up to 50,000 bees and individual bees may visit up to 100 flowers on each trip out from the hive. The value of honey bees' services as pollinators in the European Union has been estimated at around £3 billion per year.

Bumblebees are very important in the UK, as they fly around at lower temperatures and in worse weather than honeybees. In addition, bumblebees are best able to pollinate some wild flowers, such as foxgloves. Natural populations of bumblebees are in decline in the UK and across the EU. Solitary bees are bees that live on their own, rather than in hives or nests. There are several hundred species across Europe, but very little is known about them apart from the fact that, like bumblebees, they are in decline.

The decline of bumblebees and solitary bee populations has been linked to modern intensive farming. The widespread use of herbicides and the increased intensity of farming has removed the habitats that wild bees make nests in, and reduced the numbers of wild plants, which they use for food. There is concern that the introduction of GM herbicide tolerant crops, such as oilseed rape, will further reduce the diversity and number of wild plants found in UK farmland.

Yet according to President of Bath Beekeeper's Association Bob Needs, all is not lost: "Our membership is currently increasing at a rate of about 15% a year – people are more aware than ever of the threat that bees have come under and they want to help."

Bob has been the leading force in a new project that's underway thanks to the recent donation of a lottery grant. After 18 months of negotiations, a brand new teaching apiary (pictured bottom left) is being installed in Bath Spa University campus, with a view to Environmental Studies students also being able to make use of the facilities.

"Our growing numbers meant that we'd outgrown our relatively basic setup in Bathampton", Bob explains, "With the prospect of a new grant on the horizon, I really wanted us to aim for a state-of-the-art facility, which would be safe for the public to attend, suitable for winter meetings, study groups and even equipped for us to hold exams for the British Beekeeper's Association."

Being entirely constructed by members in their own time - who between them possess all the necessary skills for a self-build – the project has been something of a collaborative effort. "We've got a structural and civil engineer, a builder who specialises in carpentry, those who can lay flooring, fit blinds and kitchen units; we've even had one of our members offer us a grain barn to construct it in!"

The apiary will officially open its doors in September and will offer wheelchair access, as well as a sterile honey extraction room and an impressive viewing gallery that will overlook the twelve hives in front of the building. "It's reputed that if honeybees die out, we won't be far behind," says Bob, "Once people start learning about bees, they always want to know more, and more and more. It's an enthralling hobbie that you can enjoy at any level, and our growing numbers seem to be living proof of that".

To find out more about Bath Beekeepers upcoming events please visit **www.abka.org.uk**

# the chequers

Having established The Marlborough Tavern as a firm favourite amongst Bath foodies, the people behind it have taken on a second pub. This month **Faye Allen** visits their latest venture, The Chequers to see if they can repeat their sucess...

A better summer's evening couldn't have been asked for as I pulled up to The Chequers in Bath. The sunshine does have its own way of bringing the city to life as it bathes the reputable Bath stone, filling the air with a golden glow and a buzz of activity. Sat outside was the usual hub of people taking advantage of the finer things associated with a good Friday night – warm weather, comfortable seats and refreshing drinks.

New owners Joe Cussens and Justin Sleath have been keen to explore the versatility of this great location. Walking through the front door past tennis chatter and football banter, we were welcomed by enthusiastic general manager Anna Stewart. Downstairs, a mix of the traditional and the elegant greets the casual diner as you can find yourself just as comfortable with a plate of their renowned fish and chips and a local ale.

The sympathetic refurbishment continues upstairs. Here you can step away from the bustle downstairs and enjoy a more formal experience. Embroidered silk curtains, soft carpet and dark oak tables set the tone for a home-from-home dining experience with a touch of well-appointed luxury. The room's design is gentle and classic with the opportunity to feel a little more lived in. This can all come in time however as customers make their well-loved mark across the restaurant floor.

Tantalising my taste buds with a fresh and fruity glass of Prosecco and a couple of slices of homemade bread, I was ready and waiting to start with my chosen dish of chilled English tomato velouté with cheese fondue and marinated tomatoes (£5.95). Light and refreshing, the creamy goats' cheese and delicate tomatoes proved to be a perfect choice for the time of year and even better for those not looking to fill themselves up at the first hurdle.

Arriving in front of my dinner guest was an enviable looking plate of new season lamb, garlic mash and spring vegetables (£17.95). Worried that I had made the wrong choice, I was looking to be reassured, and quickly. My eyes tuned to my chosen dish of beef fillet and marrowbone with sauté potatoes and wilted rainbow chard (£18.50).

I was intrigued to see what all the hype has been about for this marrow-treat, more commonly enjoyed on a slice of toast with cracked sea salt. The marrowbone had been cooked as a butter, pan-fried on top of the meat and sealed off in the oven. This small addition to an already delicious dinner really is a credit to young Head Chef, Leigh Evans, proving the worth of inventive creative touches to simple food.

The potatoes stayed crispy to the last mouthful and the rich, sweet sauce compiled of concentrated red wine, shallots and parsley was packed full of flavour. Alongside our meals we enjoyed a vibrant and fruity bottle of Chateau du Trignon Côtes du Rhône, 2007 (£21) which to my delight was served warm to our table.

With wine left and not wanting to waste a drop we initally decided to go for the cheese board. It didn't take much for Anna to twist our arms however towards the chef's favourite desserts. Out came a peach melba (£5.95) a refreshing cocktail of amaretto soaked frangipane, poached peaches, golden raspberries and mint jelly finished with a generous helping of sweet raspberry sorbet. A visionary delight, Leigh had quite clearly relished in the creation of this summery treat.

My favourite however was the vanilla pannacotta, lavender poached strawberries and pink peppercorn caramel (£5.95). Subtle and fresh, the lavender was a perfect complement to the best of British seasonal strawberries. The cheeseboard with homemade chutney (£7.50) was an impressive collection of local favourites including Exmoor Blue, Cotswolds White and Kelston Soft Cheese.

Service was at once attentive, friendly and natural, making a relaxing atmosphere to enjoy the pleasures of well-cooked food. Leigh has gone to impressive lengths with his menu and is a proud advocate for a cuisine that is making a healthy revival. ■

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# directory

Welcome to the **flavour** directory. Updated monthly, this directory is your essential guide to featured businesses, organisations and producers in Bristol, Bath and the surrounding areas. For our more comprehensive online directory, visit **www.flavourmagazine.com**

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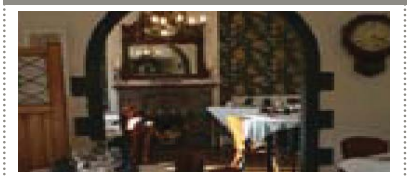

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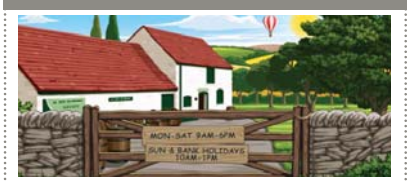


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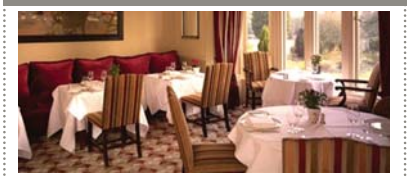

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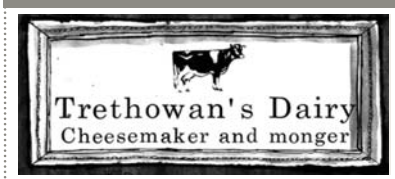


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# FLAVOUR'S FOOD HEROES

Feeling inspired by our talented readers, each month **flavour** will be looking at the unsung heroes of the foodie world – you! This month we talk to post-graduate **Iain Argyle** (24) whose mantra "Good food, good friends and good music" is one he thinks we can all adopt...

If the calendar tells us that we have reached "Official Summer Time" then we are ready and armed with our picnics, our sun cream and our rugs. Whether it's overcast or not, the determination Britons have to soak up every last minute of summer is a thing of admiration.

Meeting Iain, a true advocate for matching good food with the season and sharing it with those closest to him, inspires even the laziest student. Stereotyping aside, Iain's creativity and ability to think outside the (pizza) box has landed him very popular amongst friends. "I love the nostalgia that surrounds food, my signature dish for example reminds me of spending a very warm fortnight in Provence. This, coupled with an enjoyment of feeding people, inspired this dish."

Born in Devon and a Bath resident, Iain has always had an appreciation for what the South West has to offer. "There's a place for formality in the South but generally there is just a mutual appreciation for good food made properly. I'm more of a classicalist when it comes to food and enjoy bold, hearty food – cheap cuts of meat and plenty of root veg. In the summer, French cuisine is a favourite."

During his degree in Chemical Engineering at The University of Bath, Iain found himself moving away from a childhood aspiration of becoming a chef: "I keep science as my job and food as a pleasure. Cooking for me is therapeutic and creative." With a few years of university life under his belt, Iain is more than qualified to recognise the social quality of food: "It gets people talking and that's great for new students."

Excuses can be banished with Iain's great tips such as getting more people involved, splitting the cost and cooking together. Cheap cuts can be found at the butchers and a well-stocked dry cupboard saves money in the long run. "For those that want to pick up some skill in the kitchen quickly, then I would recommend taking some work experience with a local restaurant. You will learn at a rate of knots compared to home cooking and it doesn't cost anything either!"

Thanks to the enthusiasm of those like Iain, the more recent revival in great British food has seen an injection of creativity back into the kitchen. As he quite clearly demonstrates, taking a leaf out of our European neighbours' book and sitting down to enjoy a moment with food is a simple pleasure we can all afford. ■

## Signature Dish

**This meal is light to eat so would make a perfect lunch to have with friends, coupled with a chilled glass of white wine and plenty of sunshine.**

### POACHED TROUT AND ONION TART WITH DILL AND HORSERADISH MOUSSE

Serves 4

**Ingredients**
4 large trout fillets
1 litre good fish stock
500g puff pastry
3 large white onions, chopped
2 cloves of garlic, finely chopped
6 anchovy fillets, minced
2 tbsp of capers, chopped
150g black olives, chopped
2 teaspoons of herbes de Provence
150ml double cream
4 tbsp horseradish, grated
1 egg and 1 egg white
½ bunch dill
2 beetroots
50g peashoots
1 lemon
Salt and pepper

**1** Thinly slice the beetroot, lay them on parchment paper, add salt and rest for 20 minutes. Bake in an oven at 70°C for 1 hour until dry. Set aside.

**2** Sweat the onions, garlic, capers, anchovies, olives and herbs in a pan over a medium heat until soft and stewed. Leave to cool.

**3** Whip the cream until stiff, fold in the horseradish and chill. Bring fish stock to a boil and leave to relax maintaining steady warmth, add the juice of half a lemon.

**4** Arrange the onions in an oblong on thinly rolled pastry leaving a 1cm skirt around the perimeter. Brush the skirt with beaten egg and bake for 12min at 200°C.

**5** For the horseradish cream fold in 1 whipped egg white and the fresh dill. Season and keep chilled. Lastly, poach the fish in a shallow pan for 5 minutes. Plate up and serve.

→ Whether you want to give us your favourite brownie recipe or have a friend who breeds their own pigs, please email **faye@flavourmagazine.com** or call us on **01179 779188.**

# Time for a BBQ

When it come to barbecue cuisine, we can be accused of seeking instant gratification and cutting corners on quality. The trouble, according to **Nathan Budd**, is that it often shows...

Barbecuing, by its very nature, is more about the ritual and process of cooking, than it is about the process of eating. It's about taking time to light the coals and wait, to prepare food and spend time cooking it. In a way it brings us closer to celebrating a primitive desire to grill meats over open flames, to celebrate the success of the hunt and share food with the tribe.

In reality, it has been successfully dumbed-down and marginalised by the powerful forces of supermarkets and advertising. The enjoyment of the process has given-way to instant-gratification, to disposable trays and ready marinades, pre-constructed kebabs and cheap sausages and burgers. All scoffed between processed buns and guzzled lager.

For some reason, these traditional barbecue foods are also those totally unsuited to the methods used in their cooking. Over lukewarm charcoal, chicken drumsticks dry out, large UK-style sausages burn before cooking through and burgers (turned until they fall to pieces) arrive both burnt and cold in the middle. For this very reason, while many of us enjoy a good old barbecue, we aren't that excited about the food. It's time to bring quality ingredients, cooked properly, to the grill.

Start with something that will benefit from very hot coals and can be flashed over the grill and served immediately. Squid, prawns and scallops marinated in a little garlic and chilli (cut corners with harissa paste) work well. A quick tip is to place a baking-style cooling rack over the top of the grill so nothing falls through. Alternatively, try thin-cut steaks, or the cheaper cuts like hanger and feather steak, which can be served pink. Simply place these grilled meats over herb salad and serve with wedges of lemon and crisp white wine.

While everyone is tucking in, start searing a decent lump of meat. Then lift the grill up and throw on some wood chips and herbs. Perhaps a boned-out shoulder or leg of lamb, again marinated for a good few hours, this time with olive oil, garlic, rosemary and pepper. Why not throw on some thick-cut sirloin steaks, a fore rib, a spatchcock chicken, or perhaps even a nice piece of fish. Couple these with grilled courgettes, peppers, artichokes and some sweetcorn coated in oil, salt and pepper, all of which can be charred until black and still be delicious. Serve with boiled salad potatoes tossed in garlic mayo, breads toasted on the residual heat and some homemade tomato relish.

As the meat slowly roasts and your family and guests slowly marinade in wine, you can't help but feel good about life. The preparation of the barbeque is just as important as eating the food, so just remember: when you make short cuts in life you often miss the point of what it was you were trying to do. ■

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